

"Thanks to my therapist for the sessions. They have been very helpful in reducing and managing stress that I have been suffering for the past 6 to 8 months. I am confident that I should get back to my normal self again with a good start in 2008. All the best! Merry Christmas and wishing you a great year ahead."

Mr S S (15 Dec 2007)

[Conditions: Anxiety / Workplace Stress]

"Hypnosis has helped me to ground myself during times of high stress and adversity. From my first session where I was extremely anxious to my sixth session, the positive change in me is incredible. Although still under high stress levels, I am able to cope so much more. I have noticed a huge positive change in myself as well as my family and friends.

Hypnosis is of benefit to everyone who is facing challenges and uncertainty. I am extremely grateful of the treatment and care I have received at the Hypnae Center."

Ms L R (11 Dec 2007)

[Conditions: Anxiety / Stress Management]

"Our sessions together have been very good and I believe I am starting to feel better. I understand I must put what you have taught me into practice. I need to start doing this more often. I will also listen to the music more often. Your voice is very soothing and therapeutic. I have the tools to better cope with my stress now and this experience has been good. I do not regret it! I will return in a few months and be much more confident and relaxed."

Mr A B (16 Nov 2007)

[Conditions: Anxiety / Stress Management]

"The hypnosis sessions have helped me to get through one of the most difficult periods of my life. I was having difficulty at work, in my family, with my health and in interpersonal relationships. The hypnosis treatment helped me to greatly reduce my level of anxiety and to build my self-confidence. I was skeptical initially, but having gone through six sessions, I would definitely recommend this to my friends and acquaintances. Thanks!"

Mr J R (03 Nov 2007)

[Conditions: Anxiety / Stress Management]

"Since my first session, I have not felt stressed out once! I am now able to relax by myself at home, where as before it was impossible. I feel like me again. I am happy, optimistic and enjoying being a mum to my two beautiful children. I feel confident that I will not allow myself to get so stressed again, especially with my relaxation and positive affirmation CD's to listen to daily."

Mrs D B (22 Oct 2007)

[Condition: Stress Management]

"Dear therapist, as you know, I found the process interesting especially once I had dispelled some preconceptions. Overall I am glad I took the sessions and although I don't think I completely got out of it what I hoped for, they helped put me on the right track. I am feeling less stressed about certain situations. To summarize, I am happy I took the sessions and I am pleased to have met you. I have felt a positive change."

Mr M F (16 Oct 2007)

[Condition: Stress Management / Public Speaking]

"Hypnosis puts me into deep relaxation mode which I had not experienced since my teenage year. I had this warm and calm feeling after each session which makes me feeling wonderful. I had been more positive, confident after my session. I may take some time to get to my goal. A positive, confident, calm and relaxed person as I wanted myself to be. But I know I will reach there soon. I will continue with self-talk and I'm glad I give hypnosis a try. I'm also less stress and could look at the brighter side of life and take them as day goes by."

Ms C K L (20 Sep 2007)

[Condition: Confidence Building / Stress Management]

"The Hypnosis Process for me was a journey of Self Discovery and Empowerment to make changes and enjoy my life to the fullest. I look forward to dealing with challenges that would otherwise create negative feelings in me. Thank you very much to my therapist."

Mr M B (4 Aug 2007)

[Conditions: Low Self Esteem / Stress Management]

"Today is the last day of the sessions. I have learned from the hypnotherapist that for every problem we encounter, we have to plan and must set a goal to counter attack it. The hypnotherapist says it is very important to face the problem as it is the only way it can be solved. To me, hypnosis is a form of encouragement. The session is relaxing and I like the music as I feel it can make you sleep. I don't really know how it works, however, what we think is very important. It is important to have the right mindset and stop worrying. The chair is very relaxing. It is comfortable. The sessions are calming."

Ms L H T – 17 years old (02 Jun 2007)

[Conditions: Stress Management / Anxiety]

"Since I did hypnosis with my therapist, most of the psychosomatic symptoms I used to experience have been alleviated. I have also become more conscious of my breathing and the need to relax my muscles whenever I feel unwell. I look forward to each opportunity I get to go into self hypnosis to relieve myself from the stress of each day.

Thank you very much for the help and support you have given me."

Mdm L L (31 May 2007)

[Conditions: Health and Wellness / Stress Management]

"Ever since I started on a course of hypnotherapy with Hypnae Center, I have become more confident in my study techniques and have been able to use self-hypnosis to help in my relaxation during stressful times like examination periods. Hypnosis with Hypnae Center has helped me to improve my studies and I am confident of achieving much better results than before! Thank you, Hypnae Center!"

Mr M C – 23 years old (22 May 2007)

[Conditions: Stress / Study Performance]

“Thank you for helping me not only to control my cravings but to handle my stress levels during this trying time. Although the scales have not shown it, I know I have made healthy changes in my life including ceasing to drink sodas, eating healthier foods and exercising. As I continue to practice the relaxation techniques you have taught me, I know the changes will become more firmly embedded and the changes will begin to emerge in my physical appearance. Thank you again!”

Ms H J (15 May 2007)

[Conditions: Stress / Weight Management]

"I made an appointment with my therapist based on the fact that he runs training programs for therapists. Having consulted with therapists in Singapore and New York, I can say that he compares favorably to them.

The staff at the Hypnae Center is that exemplary combination of friendly and professional and it is always a pleasure to walk into the room, knowing that I will leave with a lighter step."

Mr S D (09 May 2007)

[Condition: Stress Management]

"I find Hypnae Center's program very helpful for me as it made me change a lot. I now can just think about positive things all the way! Thanks a million to my therapist at Hypnae Center. I am really feeling so great now. I even lost 6kgs! I am really glad to have you helping me. From the 1st session, I thought you can help me by 7 out of 10. But now, I think it has helped me 10/10. Thanks once again for letting me to be the best person I can be in this miracle world! May God bless you! Thanks."

Ms I D – 12 years old (03 May 07)

[Condition: Stress in School]

“Hi, I must say that the Hypnotherapy sessions have really helped me in many ways. I am amazed by the results that could be felt in less than 2 sessions. The stress level has decreased tremendously. I used to be so down, depress and upset about my work. But now, I feel completely light and positive. I don't dread going to work and I don't cry anymore. The calm I experience in many trying situations is great. Even my closest kin, my hubby, notices my changed self. He is really pleased with how well I can control my emotions. I am really thankful to my therapist, who has done a lot to make me a happier person. She has done a wonderfully good job!”

Ms L N (21 Apr 2007)

[Conditions: Insomnia / Stress Management]

“Thanks for the care in all the sessions I've experienced. Hypnosis is relaxing and the tips on breathing are really useful. I will continue to practice this at home in my own time. I feel better emotionally and mentally.”

Ms T W (03 Apr 2007)

[Conditions: Insomnia / Stress Management]

“Honestly, it really helped me to de-stress. Self confidence has improved though not 100%. I am able to put my “troubled” issues aside when necessary. Then work on it later. Thank you.”

Mr B W (09 Feb 2007)

[Conditions: Confidence Building / Stress Management]

"After a bout of hypertension, I experienced various physical problems - dizziness, nervousness, chest and back pain and difficulty breathing and sleeping. A cardiologist told me that these were caused by stress and not by heart problem as diagnosed earlier by another doctor. He advised me to reduce my workload and relax. However, I had a problem – I did not know how to relax. My body is conditioned to be nervous and anxious without apparent reason at all. Hypnae Center through hypnotherapy has helped me deal with this problem. Not only did I benefit from the sessions I went through, I also learned how to relax myself on my own whenever I needed to. In addition, the Hypnae therapists were very supportive of their clients throughout the day."

Mr F C (16 Jan 2007)

[Conditions: Health, Wellness / Stress]

"Come to think of it, I have not been feeling stressed for quite a while, neither have I been feeling depressed. To an extent, things are working my way and I am clearer about what I want in my life and what my priorities in life are. I see greater opportunities in my life for myself and have steadily started to become more optimistic. I have become more conscious of positive feedback from people, even if it is just one statement or one sentence. Of course, things are still moving along slowly and I believe they will pick up speed soon."

Mr J L (17 Dec 2005)

[Conditions: Confidence Building / Stress]