

**“I am feeling 100% relaxation here. I now can understand how to control my feeling, my anger. I can go to another world, like peaceful world without any annoying. I can control my mind to soar in another sky. I definitely release my stress here. I can forget every unhappy thing before and go straightforward with brave. Thank you very much therapist at Hypnae Center.”**

**Mr J Z - (29 Dec 2008)**

**[Conditions: Anger Management / Stress Management / Anxiety]**

**“I was admitted to Hypnae because of my various problems both physically, emotionally and mentally and I was overweight and smoked at a young age. After my couple of sessions with Hypnae therapist, I have shown signs of improvement with myself and other people telling me. I have started to exercise, quit smoking and have more self confidence within myself. I also really liked Hypnae because its effective and calm and does not require a lot of pain. Thanks to my therapist.”**

**Mr A K - 16 years old (11 Dec 2008)**

**[Conditions: Self Confidence / Weight Management / Smoking Cessation / Stress Management / Procrastination / Family Relationship]**

**“Dear therapist at Hypnae Center, After going through the last 10 sessions, I am happier, calmer, and able to see things clearer. As each event unveils itself, I could see the hidden solutions more than the problems that appear on the surface. People around me notice the changes in me, though they do not know what caused the changes. I am in a happier environment.**

**One of the objectives for which I came here was to improve my handwriting. I think it has begun to happen and hope it will move to fruition soon. I would like to thank you for guiding me along during the course of the 10 sessions. Wish you will be able to help and guide more people. ”**

**Mr E S - 47 years old (01 Nov 2008)**

**[Conditions: Anxiety / Stress Management / Sex Therapy]**

**“I have gained back my sleep and I am more in control of my life. The self-destructive thought patterns are slowly losing grip of my life and for the first time in my life, I feel that life has hope. I have learned to face stresses and overcome them through self-affirmation that I can do it. It is a wonderful experience in going through hypnosis which I have subconsciously learned to relax and be more positive and optimistic towards life. Thanks to my therapist! Now I’ve known the path and way to a successful life and being a loving, caring and confident person.”**

**Mr L K F – 29 years old (11 Oct 2008)**

**[Conditions: Confidence Building / Insomnia / Stress Management]**

**“Thank you for the 6 sessions of hypnotherapy. The sessions made me feel much more self-aware. I could ‘see’ more and more in my mind’s eye what I needed to do to achieve better relationships at work and socially. I felt subconsciously that blocks I was placing on myself were removed.”**

**Mr A F – 21 years old (1 Sept 2008)**

**[Conditions: Confidence Building / Relationship / Stress Management]**

**“Dear therapist, thank you for helping me quit smoking and re-affirming I am a non-smoker.**

**I also learnt recently, to re-learn the power of positive thought and relaxing methods that I have forgotten.  
I have also managed to de-stress and manage moments of stress at work and on my personal life. Thank you very, very much.”**

**Mr N G – 54 years old (06 Jun 2008)**  
[Conditions: Smoking Cessation / Stress Management]

**“With the guidance of my therapist during the four sessions, I managed to relax and ease my stress level. I found the technique to reflect and capture happy moments and dispose off bad memories useful. You have taught me to stay positive and be self-confident. Thanks for your help.”**

**Mr G P S – 59 years old (15 May 2008)**  
[Conditions: Anxiety / Stress Management]

**“When I phoned the Hypnae Center the first time for information I at once felt welcomed. The lady on the phone was friendly and helpful. That feeling carried on when I arrived at the center for my first appointment. My therapist made sure that I knew exactly what hypnotherapy was all about, before I started my first session. Since then, I have not looked back. I feel more confident, less stressed and I am starting to manage my weight.”**

**Ms P A S - 48 years old (15 May 2008)**  
[Conditions: Confidence Building / Stress / Weight Management]

**“Since I started doing hypnosis I feel more confident, balanced and relaxed. My stress level decreased and I became more aware of my feelings and my inner strength, I learned to appreciate who I am and feel strong to live daily life and to go after the things I value and wish for.  
I am in balance with myself and believe that I have a right to live my own life and do my own mistakes.”**

**Ms A P – 40 years old (07 May 2008)**  
[Conditions: Stress / Confidence Building]

**“I learnt how to relax when I feel stress is coming, to remove fear from my head, to accept myself better and believe in my ability to loose weight and change my habit to eat when my emotions are overtaking me. I understood also how to control this ‘monster’ in my stomach which forces me to eat junk food when I’m not well.  
Thanks for your help and I think it’s a new beginning of a long journey towards happiness for me.”**

**Ms L G – 31 years old (02 May 2008)**  
[Conditions: Stress / Eating Disorder]

**“Dear therapist, firstly, thanks for your empathy shown and allowing me to trust in you and your work. I have experienced many positive emotions and growth which has led me on the way to an alcoholic-free life. I feel confident in the future, stronger to tackle day to day disturbances, problems in my life. I feel more at ease to allow myself pleasure for the moment. Removal of stress, bad thoughts in mind has been a key in this development. Now on the last session, I have a small feeling of missing the work with you but the power to continue within this work. All the best.”**

**Mr S F - 54 years old (29 Apr 2008)**  
[Conditions: Stress / Addiction of Alcohol]

**“Since I did hypnosis with Hypnae Center, I start to become more aware of my symptoms. After going through the first 3 sessions, I start to have more confidence in myself. I am able to forgive and forget the past experiences or people who have hurt me. In fact, I am thankful to them for helping me to be more prepared in the future if I meet the same situations. This time I am prepared and look forward to overcoming my stress and anxiety in the future. A really big thank you to my therapist who has guided me through the hypnosis and helping me to become a better and cheerful person.”**

**Miss C L Q - 18 years old (24 Mar 2008)**

**[Conditions: Stress Management / Anxiety]**

**"I have been to Hypnae for treatment of 'OCD' of washing my face and hands with soap and shampooing my hair non-stop causing body redness and itchiness. Now, I really feel very comfortable and my skin recovers. I am relaxing a lot. I am feeling no stress and it's great for me!"**

**Mr Y C Y – 31 years old (28 Jan 2008)**

**[Condition: Obsessive Compulsive Disorder / Stress]**