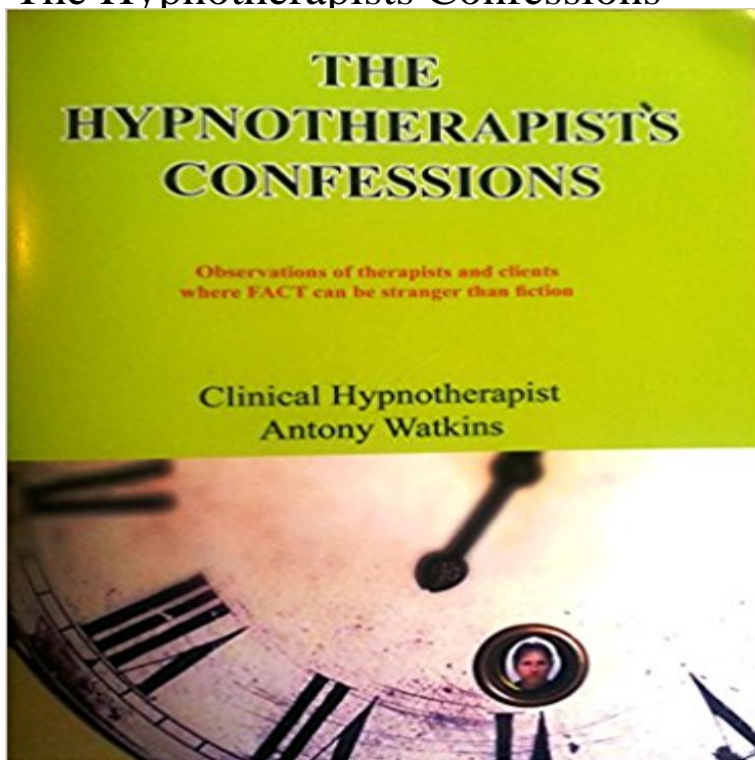


The Hypnotherapists Confessions



There can be no doubt that recent media coverage has led to a renewed public interest in the amazing power of hypnosis. How that power can be harnessed to help solve the type of problems that so many people face every day is what this book explores. One in four of us suffer with some form of mental health issue at some time in our life. This book attempts to shine a light into the dark corners of anxiety, depression, compulsive behaviour and the irony of phobias. Borne of over 20 years experience The Hypnotherapists Confessions recounts strange experiences of sexual adversity, night phantoms and alien abduction.. My hope is that by understanding more, by caring more, we are all able to help someone who suffers, including ourselves.

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