

Successful celebrities use hypnosis to succeed, and you can too!

Modern Celebrities using Hypnosis

Film actor/director **Kevin Costner** flew his personal hypnotist to Hawaii to cure his sea sickness during the making of the film "Waterworld".

Actor **Sylvester Stallone** got the courage to submit his "Rocky" script to a major Hollywood producer after using a hypnotist. While on location, he "would lie down and listen to a specially made subconscious motivation tape" his hypnotist made him.

Actor **Matt Damon** quit a 16year smoking habit after three sessions of hypnosis.

Actor **Anthony LaPaglia** quit smoking in four sessions with a hypnotherapist.

Rock star **Mark Knopfler** of Dire Straits beat his smoking habit through hypnosis.

British pop star, **Lily Allen**, lost weight using hypnosis to reduce cravings for junk food and increase motivation to exercise.

Hypnosis for Peak Sports Performance

Did you know that many of the most successful Olympic teams and professional athletes, including use hypnosis to help their athletes win? That's true. Now you can use this advantage for yourself, whether you are trying to overcome an old problem or if you want to grow to a new level of personal achievement.

Tennis great **Jimmy Connors** used hypnosis techniques to win the U.S. Open Championship, as did **Chris Everett**.

Tiger Woods' mental coach, Jay Brunza hypnotizes him to block out distractions and focus on the golf course.

Champion golfer **Jack Nicklaus** claims that his success is entirely owed to practicing concentration and visualization.

Irish boxing heavyweight champion **Kevin McBride** summons his hypnotist to prepare him before each fight.

Historical Figures used Hypnosis

Sir Winston Churchill used post-hypnotic suggestions in order to stay awake all night and avoid tiredness during World War II.

Jackie Kennedy-Onassis used hypnotherapy to “relive and let go of” tragic events in her life.

Goethe writer and scientist and **Chopin** pianist and composer both took classes in hypnosis at the University of Strasbourg.

Alfred, Lord Tennyson repeated names to himself as a hypnotic mantra in order to access different states of consciousness in which whole poems came to him.

Mozart apparently composed the famous opera *Così fan tutte* while hypnotized.

Carl Jung and **Sigmund Freud** developed modern psychiatry as a result of learning and practicing hypnosis.

Thomas Edison inventor, **Henry Ford** car manufacturer, **Albert Einstein** physicist, and **Aldous Huxley**, novelist all used trance states to develop their ideas. Albert Einstein called it “creative daydreaming”, and believed that “imagination is more important than knowledge.” His theory of relativity came to him while in trance.

Sergei Rachmaninoff dedicated his Piano Concerto No. 2 to his hypnotist, Dr. Dahl. He sought the services of Dr. Dahl after the St Petersburg premier of his first concerto was a complete fiasco. His failure threw him into a two year fit of depression and apathy from which he could not rouse himself. Finally, friends persuaded him to see the pioneer in the field of autosuggestion. Rachmaninoff, in his memoirs tells the story “I heard the same hypnotic formula repeated day after day while I lay half asleep in my armchair in Dr. Dahl's study, 'You will begin to write your concertoYou will work with great facility ...The concerto will be of excellent quality' It was always the same, without interruption. Although it may sound incredible, this cure really helped me. Already at the start of the summer, I was composing once more. The material accumulated, and new musical ideas began to stir within me - many more than I needed for my concerto. By autumn I had completed two movements ...These I played that same season at a charity concert.... with gratifying success.... By the spring I had finished the first movement ...and felt that Dr. Dahl's treatment had strengthened my nervous system to a miraculous degree. Out of gratitude I dedicated my Second Concerto to him.”