

American Hypnosis Clinic
10710 Midlothian Turnpike, St. 116
Richmond, VA 23235

Dear Testy,

This will confirm your appointment with your therapist, Larry Volz on 2/2/2006 at 6:00 pm at The American Hypnosis Clinic affiliate office at 10710 Midlothian Turnpike Suite 116 - Richmond, VA 23235.

Please fill out the enclosed forms and return them or fax them to your therapist as soon as possible; this will free up some time for you, give your therapist a chance to read over them in advance and afford us the opportunity to accomplish more for you during your session.

Included in your paperwork is a letter to permit us to include your physician as a cooperative part of the program. Please fill it out and have your physician sign it. This should be completed and returned to us before your appointment date. If you choose not to inform your medical doctor of your treatment, make sure you complete and sign the Physician Supervision Waiver. We have to have one or the other of these documents in order to see you.

The price of the program is \$995. The average client usually comes for 3-6 sessions for this goal, however your therapist will be able to more accurately project how many sessions will be needed for you individually. Everyone is different and if additional sessions are necessary they will be provided at no extra cost. The first session usually takes 90 minutes or so and subsequent sessions are usually about one hour.

Please refrain from using caffeine, perfume, non-prescription drugs or alcohol before your appointment.

Please try to arrive promptly at your scheduled time as your therapist may have other clients scheduled immediately following your session.

Also, please feel free to contact us at our Richmond office at 1-888-HYPNO-22 and let us know how your experience was. We always like to hear good news!

All the best,



Larry Volz, PhD
Executive Director

Individualized Weight Management Program

(All information provided is kept strictly Confidential)

Appointment: 2/2/2006 at 6:00 pm

Name: Testy Testerson Birthdate ____/____/____ Work # _____ Home# _____

Address _____ City _____ State ____ Zip _____

SSN _____ Age _____ Marital Status _____

Occupation _____ Company _____ E-mail: info@hypnosis.ac

Favorite

Hobbies _____

Your goals for today's Visit:

If you have or have had any of the following, please check:

____ Allergies ____ Asthma ____ Heart Trouble ____ Depression
____ Seizures ____ Epilepsy ____ High Blood Pressure Other _____
____ Hearing problems

Please list any drugs you may be taking or health problems you may be suffering from at this time:

Family Physician _____ Last visit _____

Name of Practice: _____ Phone

Number: _____

May we contact your physician and share information with him or her to provide you with the best possible results?

Habits:

____ Alcohol ____ Tobacco ____ Coffee/Tea
____ Special Diet Other _____

What negative effects has this behavior had on your life?

Are your friends and family supportive of your decision to make this change? Are they aware of it?

When and where does this problem happen?

(Be specific. Specify the days of the week, how many times per week, time of day/evening, when you do specific other things, when certain things are said, when you go particular places, when a particular event happens, etc.)

What are you worried that you will miss when you change this behavior?

What things do you imagine that motivate you to succeed when you think about them?

How will you feel once you have accomplished your goal?

___ Proud of yourself

___ Happy

___ Healthy

___ Relieved

___ A good example

___ Accomplished something important

Please mention any other concern or question that you may have

I understand that all of the information I have provided is accurate to the best of my knowledge and is considered confidential information between patient and therapist.

(Patient Signature) _____

Promissory Note

I, Testy Testerson, hereby enroll in The American Hypnosis Clinic Affiliate hypnotherapy program. I agree to pay The American Hypnosis Clinic exactly \$100 for the initial deposit and \$177.51 a month for 6 months according to the schedule below with my first monthly installment being due at the time of service. I authorize The American Hypnosis Clinic to deduct the funds from my credit or debit card according to the schedule below. I agree to and am bound by all terms and conditions in The American Hypnosis Clinic document "Lifetime Commitment Guarantee & Client Contract." I understand that if I wish to pay with a money order, I must pay the entire remaining balance at the time of my appointment, and it must be made out to The American Hypnosis Clinic.

Signature_____
Date

Schedule of Payment:

Date	Payment	Amount	Date Charged (initial/date)
2/2/2006	Payment #1	\$177.51	_____
3/2/2006	Payment #2	\$177.51	_____
4/2/2006	Payment #3	\$177.51	_____
5/2/2006	Payment #4	\$177.51	_____
6/2/2006	Payment #5	\$177.51	_____
7/2/2006	Payment #6	\$177.51	_____

Address: _____

City _____ State _____ Zip _____

Type of payment: Credit Card ☐ Debit Card ☐ Checking Account ☐ Money Order IN FULL ☐
Check IN FULL ☐
Credit Card Type: Visa ☐ MasterCard ☐ American Express ☐ Discover ☐

Full name: _____ Phone _____
Number _____

Credit card number: _____ expiration date ____/____
*Must be after date of last payment!

Bank Name: _____

Routing Number: _____ Account Number: _____

Check # _____

Health Questions/Light and Sound Machine Waiver

Your therapist may have access to Light and Sound equipment sometimes used accelerate trance induction. Please complete this waiver to let us know whether or not you have any health conditions that may prevent the use of such equipment.

Are you subject to any form of seizures, epilepsy or visual photosensitivity, are using a pacemaker, undergoing shock treatment, diagnosed with mental illness, suffering cardiac arrhythmia or other heart disorders, currently taking stimulants, tranquilizers or psychotropic medication, specifically including illicit drugs and alcohol?

Yes____ No ____ Explain:

____If I have ever been diagnosed from any kind of epilepsy, have undergone electroconvulsive therapy or have any other specific brain damage I agree to inform my hypnotherapist of this information verbally as well as in writing here before each hypnosis session and to refuse hypnosis methods not involving a Light/Sound system.

____I also understand that there is a very remote chance that the light/sound machines may trigger an epileptic seizure if I have undiagnosed photosensitive epilepsy (just as a television set can). I have the right to refuse the light and sound machine and will inform the therapist if I do not want it used. If I choose to use it, I do so at my own risk.

The light/sound machine is not necessary for the induction of hypnosis. It is merely a device used for accelerating trance induction for certain individuals as determined by your therapist. As a general rule The American Hypnosis Clinic considers them as safe as your television set at home and useful for many clients.

Signature

Physician Inclusion Letter

Date: _____

Dear Doctor,

I am executive director of The American Hypnosis Clinic, a hypnosis practice comprised of over 160 affiliated clinics across the nation including Larry Volz who has an office in your area.

Your patient, Testy Testerson has requested help and enrolled in our Weight Management program.

Testy has given us permission to contact you to both inform you of and include you in our treatment plan.

We do not attempt to treat or diagnose disease or mental disorders of any kind. Hypnosis in no way replaces standard medical procedures, but works in conjunction with them by freeing the patient of feelings and attitudes that may be inhibiting his or her response to them. Through hypnosis, one uses the natural facilities of the mind to create a positive attitude and boost the immune system, allowing the client to make the most of the medical help available. Hypnosis helps to create strong positive expectancy and reduces stress, thereby normalizing the action of the autonomic nervous system.

Your signature below allows us to work together to help your patient increase his/her own natural resources through visualization and progressive relaxation. We will keep you informed with progress notes (as well as graphs of the electronic monitoring of the sessions when used) as we go along. At any point please feel free to call or e-mail the attending hypnotherapist or I with any questions or advice you may have so we can best serve your patient.

Thank you for your time, partnership and future referrals,

Larry Volz, PhD NLPP

Physician's Name: _____

Practice/Hospital(s): _____

Fax # and or e-mail: _____ (for patient progress reports)

Physician's Signature: _____

Physician's Supervision Waiver

I, Testy Testerson, hereby choose to undergo hypnosis without my physician's or psychologist's supervision.

I understand that my program may deal with challenges and goals that would be best supervised by my personal physician, psychologist or another medical professional and The American Hypnosis Clinic has recommended that I involve such a supervisor. I am exercising my right to choose to go ahead with the program regardless.

I understand that there is always a possibility of medical or psychological complications involved any time a person chooses to change his habits or embark on a self-improvement project.

I understand that The American Hypnosis Clinic does not do *Psychotherapy*. The American Hypnosis Clinic does not prescribe drugs, diagnose any medical conditions or provide treatment for such conditions. The American Hypnosis Clinic uses methods of hypnosis, visualization, guided imagery and relaxation (V68.20). All The American Hypnosis Clinic hypnotherapists have supervised training in the unique skills and methods of the alternative therapeutic modality known as hypnosis and use only those skills in order to coach, teach, guide, instruct, and train clients to help themselves.

If psychotherapy or medical help is necessary then I will personally accept all responsibility of seeking such help on my own. This does not lessen the ability of The American Hypnosis Clinic to help me in addition to outside psychological or medical counseling nor does it relieve me from my agreement with them.

I release the American Hypnosis Clinic from any liability for medical or psychological issues that may arise during the course of my hypnosis program whether directly or indirectly relating to my goal or the change, addition, or cessation of my habits and release them from any liability resulting from my past psychological and medical history.

Signed

Date

Witnessed

Date

Lifetime Commitment Guarantee & Client Contract

I, Testy Testerson, understand that The American Hypnosis Clinic uses different types of hypnosis (direct, Ericksonian, N.L.P., etc.) that are customized to each individual client according to his or her needs. I agree to be hypnotized so that my hypnotist can help me through setting specific goals and by giving me suggestions on how to achieve my goals and overcome the personal challenges I have chosen to work on while I am in a self-hypnotic state.

Suggestion is the artful use of imagination within a self-hypnotic state to increase a client's enthusiasm for self improvement and making good decisions using self-help techniques. Self-help techniques are thinking strategies used by normally-functioning people to remind themselves of improvements they wish to make in their lives. Such strategies are taught by hypnotists using suggestion while the client is in the self-hypnotic state. A common Self-Help Technique is a Regression. As used by a Hypnotist, a Regression is a review of significant or remarkable events by the client with the Hypnotist serving as a Guide.

The American Hypnosis Clinic hypnotists may use these techniques to help clients regain self-control over alcohol, cigarettes or other drugs, manage their weight, regain a positive mental attitude, manage situational stress, improve sleep, reduce apprehensions or fears, determine and set goals, become more optimistic, teach self-confidence, and promote general wellness in their lives.

I understand The American Hypnosis Clinic offers a lifetime support guarantee. The American Hypnosis Clinic is as committed as I am and whether I need only one session or several I know they will be there for me.

Once enrolled in the program if more than one session is needed The American Hypnosis Clinic will provide additional help using various types of directive, non-directive and indirect hypnosis, as well as education in self-hypnosis, neurolinguistic programming, stress reduction techniques, access to audio/video and biofeedback resources (including GSR and/or EEG) and practical lifestyle change planning as needed at no additional charge for life

I understand that for me to succeed I will have to accept the responsibility of doing my part. Hypnosis is an active, participatory therapy and cannot succeed without my full commitment and complete cooperation. I am signing this agreement and beginning hypnotherapy because I am serious about accomplishing my goals once and for all.

I agree to follow all suggestions given to me by the staff of The American Hypnosis Clinic, including keeping all scheduled appointments, mental exercises and lifestyle change advice. I understand that if I don't keep my appointments and follow all instructions given me, The American Hypnosis Clinic cannot and will not warranty their work. In order to succeed, my full cooperation is needed.

According to top experts in the field of hypnosis and psychology (Milton Erickson, Richard Bandler, Dave Elman and others) **everyone with normal brain function can be hypnotized. The vast majority of clients succeed in their goals quickly and with few sessions.** However, for the occasional clients who have unusual difficulty and need more sessions than average, our policies provide an incentive for those clients not to give up. Because clients generally pay for a program instead of session by session, it is to their advantage to utilize our lifetime support guarantee and stick with it until they completely succeed.

I understand that it is impossible to guarantee the behavior of another human being and that sometimes there are psychological or medical issues involved. I understand that in those cases mental health counseling may be needed. This is beyond the specialized service of hypnosis that The American Hypnosis Clinic offers.

I understand that The American Hypnosis Clinic does not do *Psychotherapy*. The American Hypnosis Clinic does not prescribe drugs, diagnose any medical conditions or provide treatment for such conditions. The American Hypnosis Clinic uses methods of hypnosis, visualization, guided imagery and relaxation (V68.20). All The American Hypnosis Clinic hypnotherapists have supervised training in the unique skills and methods of the alternative therapeutic modality known as hypnosis and use only those skills in order to coach, teach, guide, instruct, and train clients to help themselves.

If psychotherapy or medical help is necessary then I will personally accept all responsibility of seeking such help on my own. This does not lessen the ability of The American Hypnosis Clinic to help me in addition to outside psychological or medical counseling nor does it relieve me from my agreement with them.

I understand that the therapist's time is valuable and sought after and I am paying for a program, not a per-session fee (which often is more expensive). Therefore I understand that The American Hypnosis Clinic does not issue refunds under any circumstances. Once I enter into this contract, I am bound to its terms and must pay for the program in full. I agree to pay for services in advance (according to terms agreed upon including payment plans if applicable) plus court costs and attorney fees if collection is necessary.

I understand and agree to any recording that may be deemed necessary over the course of my care at The American Hypnosis Clinic.

The American Hypnosis Clinic reserves the right to refuse service to clients who come to their appointments under the influence of alcohol or any other mind-altering drug. If a client comes to their appointment under the influence a second time The American Hypnosis Clinic can permanently refuse services to this client.

The American Hypnosis Clinic reserves the right, at its sole discretion, to permanently refuse service to clients who are belligerent or physically abusive in any way to any member of The American Hypnosis Clinic staff or other clients.

There is a high demand for our therapist's time and when a client does not show up to his or her allotted appointment it means that someone else cannot be helped during that time slot. Therefore, to accommodate our clients most effectively The American Hypnosis Clinic asks that if you have to cancel or reschedule an appointment please give us as much notice as possible. We reserve the right to charge a \$35 rescheduling fee cancellations or no-show's with less than 24-hour advance notice. If two or more appointments are missed without 24 hours notice or is more than 20 minutes late more than twice without provable and justifiable reason, The American Hypnosis Clinic can, at its sole discretion, permanently refuse services.

If The American Hypnosis Clinic chooses to permanently refuse services to a client for cause, the client will still be responsible for the full amount of this agreement but The American Hypnosis Clinic will have no responsibility to clients who are thus disrespectful of our contract.

I agree to allow The American Hypnosis Clinic to review my file with other therapists and staff within the company for cross-consultation and record-keeping purposes.

I have read and understand the above.

Client

Date

Guarantee

The American Hypnosis Clinic is as committed to your success as you are

The American Hypnosis Clinic guarantees it's services **for the life of the client** providing the client has followed all suggestions given and has kept all appointments as agreed. You, the client can return **at no charge** if you need to for the therapeutic goal stated above.

Directions to Clinic

10710 Midlothian Turnpike, Suite 116, Richmond, VA 23235 -- (804) 594-2600

From points North Via I-95	(Do not take I-295) From I-95 take exit #79. Immediately bear left onto I-195 towards Powhite Parkway (VA 76s). Continue South ON Powhite Parkway (Route 76) across the James River, through the toll plaza (.50 cents), continuing straight on 76 South. Exit onto Midlothian Turnpike heading <u>West</u> . Go 2 miles to the lights at Johnston-Willis Drive, (Sheehy Ford on the left, hospital on right). Turn right onto Johnston-Willis Drive, and take an immediate left into our parking lot. We are in the first glass building on the left (Suntrust & VA Physicians for Women). We are in Suite 116.
From Points East Via I-64	(Do not take I-295) Take I-64 West towards Richmond. Exit on I-95 South (Exit #190). Go approximately ½ mile and exit onto Route I-195 (Downtown expressway) at Exit #74A. After the toll plaza (.50 cents) stay on Powhite Parkway (Route 76) South. Take the exit for Midlothian Turnpike (Route 60), heading West. Look for the lights at Johnston-Willis Drive, (Sheehy Ford will be on the left, Hospital on right). Turn right onto Johnston-Willis Drive, and take an immediate left into our parking lot. We are in the first glass building on the left (Suntrust & VA Physicians for Women). We are in Suite 116.
From points South Via I-95	From I-95 North take Exit #67, Chippenham Parkway North (Route 150). Continue North on Chippenham Parkway (Route 150) to Midlothian Turnpike West (Route 60). Go approx. 2.5 miles to lights at Johnston-Willis Drive. (Sheehy Ford will be on the left, Hospital on right). Turn right onto Johnston-Willis Drive, and take an immediate left into our parking lot. We are in the first glass building on the left (Suntrust & VA Physicians for Women). We are in Suite 116.
From points West Via Route 360/Route 460	Take 460 East past Farmville exits. Take a left on Route 307. Take a left onto Route 360 East. Exit onto Route 288 to Powhite Parkway (Route 76)(toll plaza – 75 cents). Continue on Powhite parkway to the Midlothian Turnpike (Rt. 60) exit. Head West. Go approx. 2.5 miles to lights at Johnston-Willis Drive. (Hospital is on the right, & Sheehy Ford is on the left.) Turn right onto Johnston-Willis Drive, and take an immediate left into our parking lot. We are in the first glass building on the left (Suntrust & VA Physicians for Women). We are in Suite 116.
From the South on Courthouse Rd.	Take Courthouse Road North. At lights at Midlothian Turnpike, (Rt. 60), go right, heading East to the 5 th set of lights at Johnston Willis Drive. (Sheehy Ford on Rt., Hospital on Left). Turn left onto Johnston-Willis Drive, and take an immediate left into our parking lot. We are in the first glass building on the left (Suntrust & VA Physicians for Women). We are in Suite 116.
From points West via I-64	(Do not take I-295) From I-64 take I-195 South (exit 186), going towards Powhite Parkway (Route 76 s). Continue South ON Powhite Parkway (Route 76) across the James River, through the toll plaza (.50 cents), continuing straight on 76 South. Exit onto Midlothian Turnpike heading <u>West</u> . Go 2 miles to the lights at Johnston-Willis Drive, (Sheehy Ford on the left, hospital on right). Turn right onto Johnston-Willis Drive, and take an immediate left into our parking lot. We are in the first glass building on the left (Suntrust & VA Physicians for Women). We are in Suite 116.

If you get lost please contact Larry Volz at 804-594-2600

What To Expect Of Hypnosis

One of two things will happen when you use hypnosis to help you achieve your goals:

- The “Magic Wand” Effect
- The “Snowball” Effect

The “Magic Wand” Effect is what everyone wants from hypnosis and is the most exciting and fun effect. That’s when it’s as if your therapist simply taps you over the forehead with a magic wand and it’s as if you simply have changed. Instantly, effortlessly... almost magically you may be free of the urge for cigarettes or alcohol or perhaps you’re thinking of food differently and find it easy to eat right and exercise.

That happens a lot with hypnosis and it **ONLY** happens with hypnosis. No other treatment modality can ever claim that kind of success.

But it’s not the only kind of success hypnosis can have nor is it necessarily the best.

The “Snowball” Effect is when you work with the hypnosis – following along with your hypnotherapists advice (both mental exercises and practical advice) listening to your customized hypnotherapy recording, etc. and begin to see subtle changes. Little by little you come to new realizations and develop new habits that grow in effect like a snowball rolling down the mountain. Like a seed that’s placed in the ground, sometimes you may not see an immediate result but roots are forming and branches are waiting to pop up out of the soil. And just as a tiny seed can create an immense tree or a snowball can grow to enormous size and with unstoppable momentum – so does hypnosis help you make immense and **PERMANENT** life changes!

Hypnosis is always quicker than any other kind of therapy!

But, whether it’s immediate and dramatic or it takes a few sessions with more gradual progress doesn’t matter. What matters is that you **accomplish your goal once and for all!**

Many people have a very wrong idea of what hypnosis is supposed to feel like based on what they’ve seen on television and the movies. Light hypnosis is a state that we all experience to some degree every day such as:

- When you’re driving and you get so caught up in your imaginings that you miss your exit – that’s a kind of hypnosis.
- When you are so involved in a movie that you actually imagine yourself in the character’s shoes and physically jump when something startling happens to that character – that’s also a type of trance.

- A runner in “the zone” (runner’s high); or a kid playing make-believe on the playground; or when you’re driving for hours and by “being elsewhere” mentally you completely lose track of time ...– they are all examples of light altered states.
- When you lie down to go to sleep at night and you let your mind wander in that daydreamy state right before you drift off to sleep – that’s hypnosis.

Now, in the past you’ve probably never called these things hypnosis. You haven’t ever thought of them as mystical experience or mind control or being “zombified” or anything of the sort have you? No, because trance really is normal, natural and something you do accidentally every day without being aware of it. **EVERYONE CAN ACHIEVE HYPNOSIS** (*Except people with brain damage or who are presently using certain mind-altering drugs.*) The difference is that at The American Hypnosis Clinic we are going to deliberately guide you into trance, deepen the trance – and **USE** these simple states of mind to help you learn with a different part of your brain how to change habits much more quickly and easily.

Sometimes people are surprised because they really expected a foreign feeling – something exotic and amazing – and so they wonder if they’ve even been hypnotized. But it doesn’t feel foreign at all... especially when people go into a lighter or “uptime” trance. Only an unusually deep trance feels unusual.

The good news is that light-to-medium depth trances are just as effective as deep trance experiences at making the changes you need to make. It’s not the depth of trance that matters for change – it is **REPETITION** of the **RIGHT** post-hypnotic suggestions that matters most. The suggestions have to meet your values and needs and take care what psychologists call the secondary gains of your behavior. That kind of thing is why The American Hypnosis Clinic has the best-trained therapists in the nation – to make sure we can find out what makes you tick and make sure you get what you need.

That’s also why we always make a tape or CD for you to take home and use over and over. The more you use it, the more your unconscious mind learns and the more easily you can consciously change your habits. Sometimes it’s effortless and the change can be **AMAZING!** Other times, you still have to put real effort into changing your habits – but you will succeed this time because it gets much easier and much faster thanks to hypnosis.

You will go deeper with practice simply as a byproduct of doing hypnosis regularly (hence the recording). The only thing that keeps people from going deep is anxiety. So the more you do it, the more at ease you become with it and therefore the deeper you go. Also, just like anything else – the more you do it, the better you get at it. Your experience will vary from time to time. Sometimes you’ll just feel relaxed and wonder if anything happened at all, sometimes you’ll think you’ve dozed off and eventually (when you’ve gotten **REALLY** good at it) you may feel completely numb (hypnoanesthesia) or even like you are floating outside your body!

To start, just expect to relax and to enjoy listening to the soothing sounds of your therapist’s voice.

What You Will NEVER Experience

Being out of control – like someone's taken control of you or making you do anything

What You WILL Experience

Being very relaxed

You WILL hear your therapists voice (at least at first)

(At least in the beginning) Very aware of the sounds around you and what you feel

(At least in the beginning) Very aware of your own thoughts

What You PROBABLY WILL NOT Experience

Probably will not forget anything (unless you go very deep)

Your thought processes will not stop. You will still be thinking, wondering, questioning, etc.

**What You MIGHT Experience
(Especially if you go very deep)**

More or less than the usual amount of water in your eyes or mouth

Might feel heavy or even numb in fingers or (if very deep) all over body

What you imagine may become unusually vivid

Might forget bits and pieces or large chunks of conversation

There are actually several different types of altered states. In some your mind is very focused and you are imagining very vividly. In others, your conscious mind recedes to the point that you might almost think you are sleeping. The truth is, it's not that important what your conscious mind is doing – it's your unconscious mind that needs to be listening and learning. Remember, you've been trying to fix this problem consciously and utterly failed. So what we're doing is very different.

Your therapist may use traditional directive hypnosis, or what is called a regression or use NLP (neurolinguistic programming) exercises that don't seem like hypnosis at all but simply imagination exercises. It all depends on the nature of your problem and where you are along the path to solving it. In any case, they are all ways to teach a part of your mind that is normally inaccessible.

Remember, there is no wrong way to do hypnosis. You really can't mess it up, so just relax and enjoy it! You WILL succeed if you simply follow your therapist's instructions.

This is how to get the best experience:

- Repeat what your therapist says in your own voice within your own mind.
- Follow his or her instructions carefully when they tell you to relax one muscle at a time or imagine certain things.
- Imagine what you are asked to **as vividly as you can**: See it, hear it, feel it, smell it and/or taste it in as much detail as possible. Focus all your attention on THAT and the other thoughts that otherwise might have distracted you will fade naturally into the background. Remember that this is relaxing playtime. You're just playing make-believe like you did as a child. In the past you may have been taught not to daydream... but today it's OKAY!
- If your mind wanders into work problems, worries about your success, or anything negative focus it back to where your therapist is leading.

Remember your hypnotist is a guide and a teacher. He or she does not "hypnotize you..." Your hypnotist **guides you** into hypnosis.

You have to do it. Just like it's been you that has been "doing" the behavior in question all this time.

But because you have taken responsibility for your actions and your decision to change your life... **YOU WILL DO GREAT!** I promise.

Hypnosis is normal, natural and **easy**. It's so easy you do it by accident! With the proper coaching it can be as easy as allowing gravity help you fall back into your favorite easy chair. And you've got Olympic-quality coaches here at The American Hypnosis Clinic to help you succeed.

We respect and admire the fact that you've chosen to take control of your life and here at The American Hypnosis Clinic we're proud you have chosen us to help you do it!

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