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|  | **CONCLUSION**  In this experiment, we tried to prove that hypnosis does reduce stress. In doing so, we found much information in many different books, as well as interviewing some hypnotists around the Valley, (we found their phone numbers in the phone book) as well as receiving informaiton from hypnotists all around the United States through E-mail. When interviewing them, we asked if they had any subjects that were under stress and were using hypnosis as a way to reduce it. And when our interviewees said yes, we decided to make up some surveys that would prove hypnosis being successful. We made two different surveys, one before the sessions, and one after, since the subjects might remember their answers from the previous survey and put the same answer. We then gave the surveys to the hypnotists to give to their stressed patients. The surveys were strictly anonymous, all we wanted were numbers. The hypnotists were the only ones who knew what people they gave the surveys to. We then gathered up the data, tallied the results, and analyzed the information. Later, we were able to put them on graphs, and concluded that our hypothesis was right. Hypnosis does seem to reduce one�s stress level. Our results proved that the [first surveys](http://docs.google.com/survey1.html) had a higher average of stress level than the [second surveys](http://docs.google.com/survey2.html), which had a much lower level. (based on the numbers)  In order for hypnosis to work the subject must believe and expect it to work. Suggestion is the key and suggestions should be strong and direct. Never use the word try in any suggestion It implies doubt and the possibility of failure. Attach a visual image to your suggestions. Write your suggestions out in advance. And repeat all suggestions at least three times. If the subject, follows these steps his stress levels should drastically be reduced.  Since we did such an amazing job, we were able to capture first place at the Tri-Valley Science and Engineering Fair. This fact in itself should ensure us not only an excellent grade but a substantial amount of extra credit. If that's not enough, I think the fact that we are goddesses should be sufficient. |

*This Web Site is Best viewed with 256 or more colors.*

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