|  |  |
| --- | --- |
|  | **Recommendations**  1. Gain as much knowledge on hypnosis as you can. Visit more clinics.  Interview more hypnotherapists and/or subjects under hypnosis.  2. Have a larger sample population, to avoid skewed data.  3. Make better stress evaluating surveys.  4. Start as early as possible in order to allow time for patients to undergo treatments.  5. Undergo hypnosis personally, to have a better grasp on its effects.  **To furhter investigate this matter here are a few suggestions:**  1. Separate sample populations into groups of gender. Men and women are exposed to different factors that promote stress.  2. Separate into age groups. Compare and contrast the varying stresslevels of adolescents and adults. Seing if different lifestyles contribute to higher levels of stress. |

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

*For More Information about Creekwatch, please contact Eric Thiel at* [*ethiel@pleasanton.k12.ca.us*](mailto:ethiel@pleasanton.k12.ca.us)