What I Am Doing Tonight: Friday

Name: Debbie Papadakis
Hometown: Toronto
Age: 54
Profession: Master hypnotist
Plans for the night: “I will be doing a workshop called Journey into the Subconscious to celebrate World Hypnotism Day at the Latvian Centre. Hypnosis is a medically-recognized and practiced approach to treating issues such as addictions, weight loss and sleep issues. I will hypnotize a volunteer and then the whole audience to show that through hypnosis we can tap into a hidden power and dispel fears and limiting beliefs, heal our mind and body and make positive and lasting changes in our lives.”