



## Canadian Hypnotist Helps Woman Overcome A Lifetime Of Shyness In Only 6 Hours

*After just one 6-hour session with Toronto Hypnotherapist Debbie Papadakis, a chronically shy Beverly Donofrio from Mexico "realized really might not be shy anymore" Months later she has been enjoying social events that she once would have avoided like the plague.*

([PRWEB](#)) June 14, 2007 -- Beverly Donofrio fired the most recent in a long list of therapists, and traveled from Mexico to Toronto Canada to finally be rid of her overwhelming shyness.

After just one 6-hour session with Hypnotherapist Debbie Papadakis, she was able to attend a party the same evening with no fear and months later she has "enjoyed every social gathering" since her session.

Beverly was so elated, she wrote a feature story for [Oprah's 'O' Magazine](#) about her experience. "I'm middle aged now" she reports in her story, and goes on to say how she had been "suffering" since elementary school. "I realized I really might not be shy anymore" Beverly says, "I wasn't any more skilled socially, but suddenly, I didn't care."

"Shyness is a habit, a defense mechanism learned to protect against the fear of being hurt by other people" Explains Debbie Papadakis, Master Hypnotherapist and President of the National Guild of Hypnotists Toronto chapter. "Habits are easy to break using hypnosis."

"Some people don't believe you can change a behavior such as shyness in just one session" states Papadakis, "but like I told Beverly when she called, if you want to take a long time and have somebody hold your hand, I'm not for you. I like results!"

"I'm excited and flattered to be in Oprah magazine" says Debbie, "But I'm even more excited for the profession of Hypnotherapy, and how people who struggle with issues like shyness will know where they can go for help."

[Debbie Papadakis](#) is the Director of the Toronto Hypno-Healing Institute ([www.Hypno-Healing.com](http://www.Hypno-Healing.com)), a certified instructor and Faculty Member with the National Guild of Hypnotism and with the International Medical & Dental Hypnosis Association.

In addition to working with habits, fears, and anxieties, Debbie is a world renowned expert in Sleep Disorders.

For further information or to schedule an interview call 416-760-8996

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