

NEWS RELEASE

**Expert for New Year's Resolutions available for interviews
Want to Keep Your New Year's Resolution?
Give Up Will Power and Self-Control First, says Hypnotist**

TORONTO, ONTARIO – Understanding that keeping a New Year's Resolution is not about self-control and will power is the first step toward reaching it, says a Toronto-based hypnotist.

“Most people attempt to keep their New Year's Resolution using willpower alone,” says Debbie Papadakis, one of the world's top hypnotists. “Inevitably, will power runs out and you light up a cigarette or eat a dessert or stop your exercise regime, and then feel like a failure.”

According to Papadakis, who specializes in helping people quit smoking and overcome insomnia, people are not failures because their willpower runs out. They simply fail to understand how their mind works.

“Most people make a resolution with their conscious mind,” she says. “Our conscious mind is good at analyzing information and making rational decisions. But it's our subconscious mind that influences 99 percent of our behavior. When you engage the most important part of your mind – the subconscious – with your resolution you will keep it.”

Hypnosis is a safe and fast way to enter the subconscious mind and impress the desire to quit smoking or lose weight or make more money – whatever New Year's resolution you want to keep.

Wed, Jan 4, 2006 marks World Hypnotism Day. Around the world, Debbie Papadakis and other certified hypnotists will hold events and share how hypnosis is a widely accepted and practical approach for dealing with a range of issues, such as addictions, insomnia, and weight loss.

Papadakis will present:

“The Power of Hypnosis – How Hypnosis Can Help You Improve Your Life”

DATE: Wed, Jan 4, 2006

TIME: 6 pm

LOCATION: Montgomery's Inn, 4709 Dundas St W, Toronto

COST: \$30

INFO: 416.760.8996

About Debbie Papadakis

Debbie Papadakis, a Board Certified Hypnotherapist (BCH), is the founder and director of Toronto-based Hypno Healing Institute Inc. Rated one of the top 11 hypnotists in the world by the National Guild of Hypnotists (NGH), she teaches certification courses in Hypnosis sponsored by the NGH and the Medical and Dental Association of Hypnotherapists.

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To arrange an interview, contact:

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