



Debbie Papadakis Says Hypnotherapy Offers Everyone the Potential of Health, Wealth & Happiness

Toronto, ON (PRWEB) December 15, 2008 -- Debbie Papadakis, BCH, CI, popular hypnotherapy expert and founder of Toronto's Hypno Healing Institute <http://www.hypno-healing.com> invites everyone to join her for World Hypnosis Day on January 4, 2009.

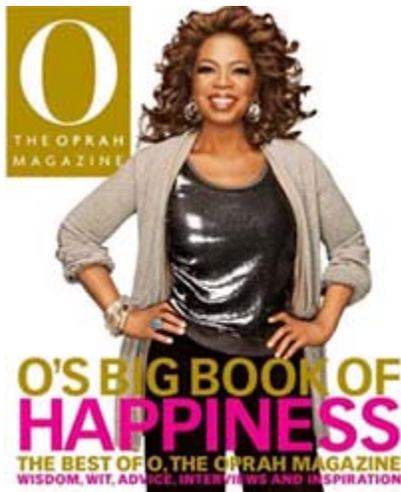
"Hypnosis and hypnotherapy are medicine for the mind and the body and can help most people," says Debbie Papadakis. "The New York Times recently called hypnosis the 'epitome of mind body medicine' and that's high praise," says Papadakis.

http://www.nytimes.com/2008/11/04/health/04brody.html?_r=1&scp=18&sq=hypnotherapy&st=cse

Debbie's World Hypnotism Day event this year will be held at the Hypno Healing Institute, 355 Keele Street, Toronto on January 4 at 6:00 p.m. Visit www.hypno-healing.com to reserve. Parking is available right next door.

"I absolutely believe in the real potential for everyone to benefit from hypnosis," says Debbie. "We all have a wealth of power in our subconscious that can be used in healing, releasing stress and freeing us from internal barriers to health, wealth and happiness," she says

Debbie is featured in 'O's Big Book of Happiness' on wisdom, wit, advice and inspiration. She is profiled for helping journalist Beverley Donofrio get rid of her lifelong shyness. <http://www.hypno-healing.com/oprah1.htm>



"I'm excited and flattered to be in Oprah's new book but I'm even more excited for the profession of hypnosis and how people who struggle with issues like shyness, fears and blockages will know where they can go for help."

Ms Papadakis is a certified instructor with the National Guild of Hypnotists and the International Medical & Dental Hypnotherapy Association. In addition to working with habits, fears, anxieties, and removing blockages, Debbie is internationally recognized for her work on sleep disorders and relationship issues. The

Hypno Healing Institute offers private sessions, workshops, seminars, training programs and hypnosis certification courses.

To book a session or a course or for more information, please contact:

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