



Secrets of Successful New Year's Resolutions Revealed

Studies suggest that only about 9 - 15% of New Year's Resolutions are successful. Give yourself a fighting chance with this Free workshop.

Danbury, CT, January 01, 2008 --(PR.com)-- Certified Hypnotist Stephanie Dalfonzo will present a free public workshop: "Secrets of Successful New Years Resolutions" at the Danbury Public Library at 2pm. This free presentation is a part of the 4th annual World Hypnotism Day.

Danbury Mayor Mark D. Boughton has issued a Proclamation declaring January 4th, 2008 as World Hypnotism Day. World Hypnotism Day has proven to be one of the most impressive displays of professionalism and sharing of knowledge and skills by hypnotists around the world, all clearing the air and removing the myths and misconceptions of hypnotism while explaining the many benefits it brings.

Once confined to medical clinics and stage shows, hypnosis has found its way to the mainstream. The popularity and benefits of hypnotism increases daily as we have read and heard the headlines in Newsweek, Oprah Magazine, Good Housekeeping, Shape, Prevention and on popular television shows such as Good Morning America.

According to Ms. Dalfonzo, "Most people fail at their New Year's Resolutions year after year because they are trying to change their behavior with willpower, which is of the conscious mind. Hypnosis taps into the sub-conscious mind, where real and lasting changes can occur."

Ms. Dalfonzo is a Certified Hypnotist and owner of Danbury Hypnosis. Ms. Dalfonzo was Certified by the National Guild of Hypnotists in 2004 and is also a Certified Neuro Linguistic Programming Practitioner. Ms. Dalfonzo believes that by combining different techniques and empowering her clients with many different tools, they can make the changes they desire easily and with lasting results.

During the free workshop on Saturday January 5th, participants will be able to create a clear and positive mind to achieve resolutions and personal goals for a truly successful 2008.

For further information or to schedule an interview call (203)797-9288.

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