



## **Be My Guest at the Fourth Annual World Hypnotism Day Celebration**

*A penny for your thoughts! And knowing that New Year resolutions are at the top of everyone's mind, the timing is perfect for the fourth annual World Hypnotism Day to celebrate the honorable profession of hypnosis with Consulting Hypnotist and host, Pearlan Feeney-Grater, M.S., CH owner and founder of The Self Center, 805 Main Street, Winchester, MA.*

Winchester, MA, January 01, 2008 --(PR.com)-- Imagine this being the year that you succeed at achieving your New Year resolutions, once and for all. Pearlan says, "With hypnosis, you will." And knowing this, the timing is perfect for the fourth annual World Hypnotism Day, to celebrate the honorable profession of hypnosis. World Hypnotism Day is proving, once again, to be one of the most impressive displays of professionalism with over 100 events in 8 countries on 5 continents.

One of these free events is on the evening of January 4, 2008 from 7:00 PM-8:30 PM. Pearlan says, "Be my guest," as she once again opens the doors of The Self Center to the general public to Celebrate World Hypnotism Day and you. That's right. Guests will join together in a free group hypnosis entitled, "Addition by Subtraction - Begin with the End in Mind." Using Hypnosis, Pearlan will assist guests in rewriting the scripts of their mind to address their New Year resolutions. As an added bonus, one guest will receive a complimentary Self-hypnosis Audio CD and a Video Activation Program entitled, "Mental Training for Effective Exercise and Weight Control," -Reshape the Mind to Reshape The Body in the New Year. Why not? Do as, Tiger Woods, Kevin Costner, Matt Damon, and Jackie Kennedy all did- use hypnosis to overcome barriers and accelerate goal achievement. It is time.

And in these times, the benefits of hypnosis and the awareness of those benefits increase daily as we have read and heard the headlines in Consumer Reports, O-Oprah Magazine, Business Week, Newsweek, The Tonight Show and other international media and popular syndicated television shows. Even more impressive, are the thousand and more scientific abstracts on hypnosis to date. The public is more aware of this safe, natural and expedient process for positive change, as myths and misconceptions of hypnosis are dispelled by Hypnotists around the world. What could be a better way to start the New Year than learning about the power of your own mind? It is the most powerful tool you will ever own. Hypnotists can show you how to use it wisely.

For further information or interview, please contact: (Pearlan Feeney-Grater - 781-721-7299 -- [www.theselfcenter.com](http://www.theselfcenter.com), or check out the official website: [www.worldhypnotismday.com](http://www.worldhypnotismday.com)

For media copy or interviews contact:  
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(Event on January 4, 2008 -7-8:30 PM)

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