

1.

Damion Easley a famous Anaheim Angels and Detroit Tigers Major League Baseball player speaking on using hypnosis in a Los Angeles Times article on May 10, 1998.

"I needed something to make a difference," Easley said. "I was skeptical. When you're in the limelight everybody has a quick fix for your problems. But I was at a point where I needed to do something. So I was ready to listen to what he had to say."

"The physical ability to play was always there. I had just become blocked mentally. Baseball is not my job, it's my passion. I had accomplished a dream making it to the big leagues. And when you're struggling, you'll do anything to keep you where you think you belong."

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks on and off the baseball field.

<http://articles.latimes.com/1998/may/10/sports/sp-48362>

2.

Steve Hooker Olympic Gold Medalist and World Record Pole Vault holder speaks to news outlets about using hypnotism to win a gold Olympic medal in Beijing on August 22nd 2008.

"It's not like she had me walking around like acting like a chicken or anything," Hooker said. "It was more getting really relaxed, so your subconscious comes to the forefront, and just having her run through scripts about what things I needed to focus on."

"I would talk to her at the start of the session and say, 'I want to talk about lowering the pole vault in my last couple of steps and jumping off the ground.' I would tell her the cues I wanted to work on, so she'd work it into the things that she was saying while I was under hypnosis."

"I felt like that kind of stuff was cool. The more you do it the more you realise pole vault is mental. Just having any sort of mental stimulation, where you are thinking deeply about what you're doing, helps."

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks on and off Olympic tracks.

<http://www.theage.com.au/news/athletics/hypnotist-sends-hooker-to-leap/2008/08/21/1219262410285.html>

3.

Lilly Allen Award Winning Singer with weight problems talks to British newspapers about losing weight through hypnotism.

Allen, 22, is delighted with her new look and said: "After the hypnotism, I want to go to the gym every day, otherwise I feel really bad."

"I just want to get more toned and healthy. I'm really good about everything at the moment - I've never been happier."

This is an example of a celebrity using hypnosis to improve looks and overall image.

<http://www.dailymail.co.uk/tvshowbiz/article-486089/Lily-Allen-slims-size-12-having-brain-reprogrammed.html>

4.

Aaron Eckhart Award Winning Actor with drinking and smoking problems talks to the San Francisco Chronicle/Gate on September 29 2005 and the LA Times on December 13, 2006 about both.

"I used hypnosis to quit and I haven't had a drink in two and a half years. Of course, sometimes I cluck like a chicken involuntarily."

Aaron Eckhart admitted to us that it was a bit touchy for him to take on the role as a weasel tobacco lobbyist in "Thank You for Smoking." "I was a smoker for many years," he fessed up. "But I quit four years ago. I used HYPNOTISM."

This is an example of a celebrity using hypnosis to dispose of bad career and health affecting habits.

http://www.sfgate.com/cgi-bin/blogs/dailydish/detail?blogid=7&entry_id=1042

http://goldderby.latimes.com/awards_goldderby/2006/12/transcript_our__1.html

5.

Tiger Woods Famous Golfer discussing in a Jay Brunza and Sports Illustrated interview the benefits of hypnosis on mental training sessions and his golf game

The First Son is so clear-minded and open to all possibilities in golf that Brunza was able to hypnotize him in less than a minute. Once he did it right in front of Earl without Earl's even knowing. "Tiger, hold your arm out straight," Brunza said. Tiger did. "Now, Earl, try to bend it." Earl pulled, pushed and even hung off that arm, and it wouldn't bend. Brunza got so good at hypnotizing Tiger, he could do it over the phone. Now, they are both so good at it, they don't have to do it at all.

“He was very instrumental in controlling my creative mind”

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks on and off the Golf Course.

<http://sportsillustrated.cnn.com/vault/article/magazine/MAG1006374/5/index.htm>

<http://www.youtube.com/watch?v=QEaWv0SBp3A>

<http://gallantperformance.com/>

6.

Vincent Hancock Olympic Gold Medalist in Skeet Shooting is discussed in San Francisco Chronicle/Gate on Sunday, August 17, 2008 about his use of hypnosis.

"I specialize in hypnosis," said Vitchoff, a performance coach and sports psychologist hired to work with the U.S. shooting team. "When you are shooting in the Olympics, it comes down to who can best perform under extreme pressure. Out there, everybody is as good as the next person. It's not a physical thing anymore. The difference between the best and the rest is the mental game." That's where the hypnosis comes in. The idea, Vitchoff said, is to put the athletes into a meditative state by lowering their blood pressure and heart rate, sometimes with music. Vitchoff then uses what is essentially the power of suggestion to reinforce positive thoughts. He said he goes over the relaxation techniques repeatedly until his subjects are able to reach what he calls the "zone." This is an example of famous athletes and teams using hypnosis to improve performance and to overcome mental blocks at the shooting range and in the limelight.

<http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2008/08/17/SP0912CI1E.DTL>

7.

Fergie (Stacy Ferguson) Award Winning Singer as a solo artist and as a member of the Black Eyed Peas talks to the San Francisco Chronicle/Gate on April, 03 2007 About beating drug addiction through hypnotism.

"I do hypnotherapy, which is a really big thing in my life. It works well with me because you go back into your subconscious and there are positive suggestions that are said to you. It really works for me."

“Hypnotherapy helped me a lot. I love it. The first time I went was hilarious. I told the doctor I didn't want to do any of that hypnosis [bleep]; I just wanted regular therapy. The next time I went in I was biting my nails, so I told her I'd been biting my nails and wanted to try hypnotherapy. I went into the chair, and it was amazing. It completely worked.”

This is an example of a celebrity using hypnosis to dispose of bad career and health affecting habits.

http://www.theinsider.com/news/710810_Fergie_Uses_Hypnotherapy_to_Fight_Meth_Urge

http://www.sfgate.com/cgi-bin/blogs/dailydish/detail?blogid=7&entry_id=14995

8.

Tampa Bay Lightning (goaltender Kevin Weekes and center Brad Richards) NHL hockey players discussing their use of hypnotism in the St. Petersburg Times, published on March 20, 2001.

Klein is a Tampa psychiatrist who uses hypnotism to enhance athletic performance. He has worked with the Lightning since early November. He meets with players before games.

"We want to visualize what they want to do and visualize the best of what they have done in the past," Klein said. "The theory is, the actual performance will be enhanced if you visualize the best of what you have done."

"In games, I'm able to be as intense and hyped as I want to be, but I can temper it with a sense of calm that allows my body to move with a sense of flow," Weekes said.

Richards said he just likes the chance to get out of the noisy locker room before the game. "It just helps you get focused," he said.

This is an example of famous athletes and teams using hypnosis to improve performance and to overcome mental blocks on the ice.

http://www.sptimes.com/News/032001/news_pf/Sports/Hypnotism_helping_players.shtml

9.

Agyness Deyn supermodel discusses quitting smoking using hypnosis in the Daily Mail newspaper on the 14th of February 2009.

'I feel as if I'm playing mind games with nicotine,' she said yesterday.

This is an example of a celebrity using hypnosis to dispose of bad career and health affecting habits.

<http://www.dailymail.co.uk/tvshowbiz/article-1145561/Agyness-Deyn-tries-hypnotism->

quit-smoking.html

10.

Courtney Love famous singer and wife of Kurt Cobain talks about how hypnosis has helped her lose weight and stay thin with British Newspaper the Daily Mail on the 27th of July 2008.

The former Hole singer has told friends that she trusts McKenna, author of bestseller 'I Can Make You Thin', despite concerns over her dramatic loss of weight.

"I've known Paul for years," Love was quoted by the Daily Mail as saying. "I lost weight last year the old-fashioned way by dieting and living off protein shakes. But it was hard to stay disciplined.

"He's brilliant and is totally responsible for me staying so skinny. Whenever I start to feel my resolve weaken, I go to Paul for another hypnosis session."

This is an example of a celebrity using hypnosis to dispose of bad career and health affecting habits.

<http://www.dailymail.co.uk/tvshowbiz/article-1038818/Thinking-thinner--Fears-skeletal-Courtney-Love-admits-hypnotist-McKenna-dramatic-weight-loss.html>

11.

Shannon Bahrke Olympic mogul skier is discussed on the official NBC Olympic website about her and the Olympics team use of hypnosis.

"Having that good plan, getting a good visualization of where you're at, being aware of negative self-talk, and giving yourself positive affirmations-I worked on a lot of those things, but in my heart and soul I didn't believe it," she says. "That's where my hypnotherapist came into play."

"For me, your mental state is so important," attests Bahrke. "Everyone in my sport is fast and strong and fit and can ski the hell out of anything, but it's who can sit in a gate and put down the best run when it counts. That's 99% mental."

This is an example of famous athletes and teams using hypnosis to improve performance and to overcome mental blocks on the ice.

http://www.nbcolympics.com/olympicpulse/blogs/blog=olympichealthandfitness/postid=431318.html?_source=rss&cid=

12.

Bill Buckner professional major league baseball player for the Chicago Cubs and Los Angeles Dodgers discusses how he used hypnosis to become one of the best hitters in the MLB with Sports Illustrated Magazine on September 13, 1982.

Soderholm suggested that Buckner see hypnotist Harvey Misel, who has treated many athletes, including Rod Carew, and was also at the camp.

Buckner spent about 90 minutes with Misel that afternoon. "I asked him to visualize how good he felt when everything was going right," says Misel. "Bill realized afterward that he'd been making some mechanical mistakes, particularly opening his right shoulder too soon." Misel asserts—and Buckner agrees—that as a result of their session Buckner became more confident, relaxed and selective at the plate.

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks on and off the diamond.

<http://sportsillustrated.cnn.com/vault/article/magazine/MAG1125913/index.htm>

13.

Jim Eisenreich professional major league baseball player for the Minnesota Twins discusses how he used hypnosis to get over nervousness in Sports Illustrated Magazine on April 23, 1984.

A person instrumental in his comeback, St. Paul hypnotist Harvey Misel, worries that the Twins may be too protective of Eisenreich. "They're really walking on eggshells around him," says Misel. "That might not be the best thing. Everybody is afraid to say something or do something wrong. No one on the team has a pipeline to him. If he just had somebody to use as a sounding board.... He must feel like an island."

This is an example of a famous athlete using hypnosis to overcome a nervous disease on and off the diamond.

<http://sportsillustrated.cnn.com/vault/article/magazine/MAG1121990/1/index.htm>

14.

Adam Nelson Olympic Silver Medalist in shot put speaks to NPR about using hypnotism to win Olympic medals in an interview transcribed from radio on May 27, 2008.

Mr. PETE SIEGAL (Sports and Peak Performance Hypnotherapist): As with every breath you take, you feel yourself just easily gliding all the way down.

GOLDMAN: Six-foot, 265-pound Adam Nelson is stretched out on a bed at the Westin Hotel in Long Beach. It's the day before his first big competition of the outdoor season,

and Pete Siegal has hypnotized Nelson. The session gets more and more intense, with Siegal leading Nelson through a powerful imaginary throw.

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks on and off Olympic tracks.

<http://www.npr.org/templates/transcript/transcript.php?storyId=90861435>

http://www.youtube.com/watch?v=pqtU3bO_DHM&feature=related

15.

Artists Stephen Mark Gubb, Craig Scott and Dan Singer discuss using hypnosis to create art CBS' BNET and Thanet Times; Margate (UK), on Jan 26, 2010.

Artist Stephen Mark Gubb has had himself hypnotised for an exhibition in Margate next month.

Stephen was put under and taped his memories of his time spent in the town during the 1990s.

Stephen, 35, said: "I was in Margate when I was 20 and thought it would be interesting to look at the distortion of my memories from the hypnosis and the further changing of it into artwork. I was also interested in the process of hypnosis.

This is an example of famous artists using hypnosis for creativity development and display.

http://findarticles.com/p/news-articles/thanet-times-margate-uk/mi_8191/is_20100126/hypnotic-images-crate/ai_n51813725/?tag=content;coll

16.

Ben Affleck on Oprah show March 14, 2008 using hypnosis on smoking.

"I finally decided to quit smoking when I was going to have a child, and that was the thing that sort of put it over the top for me," Ben says.

Ben decided to take a leaf out of pal Matt Damon's book by visiting a hypnotist.

"This is asinine that I've been doing this to myself for all these years. My last cigarette was on November 10th, 2005, and I feel a huge difference in my health now that I don't smoke. I feel like I'm in better shape than I was five years ago."

This is an example of a celebrity using hypnosis to dispose of bad career and health affecting habits.

<http://www.oprah.com/health/Take-a-Deep-Breath/17#slide>

17.

Michael Jackson's friend and hypnotists talks about using hypnosis to remove musical mental blocks and to find peace and relaxation for the global superstar on CBS' BNET and Spectator, The, Jul 4, 2009 by Geller, Uri.

'The music is still in me, ' he whispered sadly, 'but sometimes, when I sing, I don't know how to reach down and touch it. Please - help me.' But he wanted more than motivation - he wanted mental transformation.

At last he decided that he could only break through his fears with the power of hypnosis, and he begged me to place him in a trance. I agreed to try a technique I have used many times on heavy smokers who are trying to quit. Within a few seconds Michael had surrendered his will. I have hypnotised many people, and it's easy to tell if they are faking. A good subject can eat a whole onion in the belief that it's a sweet apple. Jackson was an excellent subject.

We worked for a few minutes on his musical block, and then I did something I have never done before. I'm not proud of this - in fact, I feel it might have been unethical - but I began to probe deeper into Michael's mind.

This is an example of a celebrity using hypnosis to mentally transform.

http://findarticles.com/p/articles/mi_qa3724/is_20090704/ai_n32127254/?tag=content;col1

18.

Deana Rushworth a PGA Golf professional discusses using hypnosis to work on her mental game as well as to help to explain to others why she is so good at golf on CBS' BNET and Huddersfield Daily Examiner (Huddersfield, England), Dec 6, 2008

She said: "I attended a four-day intensive course on sports psychology and hypnosis run by Dr Morris, an internationally renowned and extremely successful sports psychologist and mind coach.

"It centred around how the brain receives and processes information and how to maximise each golfer's personal potential.

"The wealth of strategies learned has improved my outlook on how to coach both the golf swing and the golfer, making lessons more personal and in turn more productive."

This is an example of a famous athlete using hypnosis to improve performance and to help enhance teaching on and off the Golf Course.

http://findarticles.com/p/articles/mi_6784/is_2008_Dec_6/ai_n31061998/?tag=content;coll

19.

Melanie Brown famous singer from the Spice Girls using hypnosis before a show in Las Vegas show Peepshow as discussed in People and the Daily Star.

"My friend hypnotized me before I started rehearsals to have a real open mind,"

She tells People magazines "I was getting a bit nervous. My anxiety was getting to me, I was getting a bit nervous. I was hypnotized to calm me down and it worked."

<http://www.people.com/people/article/0,,20272019,00.html>

She also tells Britain's Closer magazine, "I'm getting hypnosis. I'm seeing a guy called Anthony Cool, who performs a show at Vegas too. I'm doing this just in case I get any last-minute nerves - in case I can't remember the lyrics or the moves. He's going to hypnotise me as soon as I get there."

<http://www.dailystar.co.uk/gossip/view/72450/>

This is an example of a celebrity using hypnosis to dispose of anxiety.

20.

Ewan McGregor actor discusses using hypnosis to quit smoking on CBS' BNET and Daily Mail (London, England), The, Jan 10, 2007

Perthshire-born McGregor, 34, turned to a hypnotist for help - but has confessed that even being put under the influence could not stop him lighting up again.

He said: 'Hypnosis works really well if you are ready for it but I wasn't quite ready.'

This is an example of a celebrity failing at hypnosis but still believing it can work.

http://findarticles.com/p/news-articles/daily-mail-london-england-the/mi_8002/is_2007_Jan_10/ewan-crack-habit-smoking/ai_n38371140/?tag=content;coll

21.

Whoopie Goldberg a famous actress discusses using hypnosis and visualization techniques to conquer her fear of flying on you tube and through a medical journal.

Whoopie Goldberg using Sir Richard Branson and Virgin Atlantic's Flying Without Fear program. The program uses education, practical experience and the special psychological techniques of Thought Field Therapy (TFT)

"I am sweating a lot. My mind is doing bad stuff to me....I am not a good flyer. I don't like it. I don't wanna do it."

<http://www.bio-medicine.org/medicine-news-1/Whoopi-Goldberg-Conquers-Fear-of-Flying-Courtesy-of-Sir-Richard-Branson-and-Thought-Field-Therapy-41370-1/>

"It starts the days before, I start to panic. I stop eating. I shake and lose tempertaure. I get pale, which is not cute."

<http://www.youtube.com/watch?v=5FOkEI4hKlc>

This is an example of a celebrity using hypnosis to dispose of the fear of flying.

22.

Ellen DeGeneres is a talk show host who has publicly tried hypnosis and has claimed she uses it to extinguish her bad habits like smoking.

Ellen DeGeneres with Paul McKenna hypotizing her on the Ellen DeGeneres show.

"I feel so good. I feel healthier! It seems ridiculous but my skin looks better, I just feel like, I feel healthy. I feel really good."

<http://www.tmz.com/2006/10/15/ellen-emotional-breakdown/>

Paul-So do you feel like a cigarette?

Ellen-No, I don't.

<http://www.youtube.com/watch?v=UWRwL5ZKsDI>

This is an example of a celebrity using hypnosis to quit smoking.

23.

David Beckham is a professional soccer player using behavioral therapy and visualization techniques to overcome his repetitive thoughts and daily fears.

David Beckham using Behavioral therapy for his OCD problem.

"This is my routine every Saturday. I get up at 9am, and start with the fridge. I empty it,

throwing away most of the food, even if it isn't past its sell-by date. I take out all the shelves and drawers, which I then wash in hot, soapy water using a new J-Cloth (I have never knowingly used one twice)."

"I started therapy three months ago, and have been relieved to find that my repetitive thoughts are common. I have been learning to break my thought patterns. If I am in what is known as a "downward spiral", I have learned to stop myself. I now keep a notepad by my bed to write down my stupid lists of things to do, rather than recite them endlessly in my head."

<http://www.dailymail.co.uk/health/article-381942/Confessions-obsessive.html>

This is an example of a professional athlete who is troubled by a non-athletic related disease and uses several types of therapies of the mind to help rid themselves of their afflictions.

24.

Professional boxer Tommy “2 guns” Griffith using hypnotism to prepare for fights.

“I am a 100% convinced this helps me.”

“It tells you what you already know”

<http://www.youtube.com/watch?v=9x2UY1gQX38>

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks in the ring.

25.

Jeff Jaeger NFL kicker for the Oakland Raiders and Bill Bates NFL safety for the Dallas Cowboys using hypnosis to perform better at their jobs. They use hypnosis to deeply increase their athletic ability.

“Especially as a kicker you need to be able to be out there focus”

“He has me thinking this is how its going to feel and I go out there and do it.”

This is an example of famous athletes using hypnosis to improve performance and to overcome mental blocks on the football field.

<http://www.youtube.com/watch?v=Q2Yv-zHh0IE&feature=related>

<http://www.youtube.com/watch?v=pvex35ghAf4&feature=related>

26.

Denise Richards tries hypnosis to stop cussing.

“I want to stop cussing”

“I feel very relaxed”

This is an example of a celebrity using hypnosis to dispose of using bad language.

<http://www.youtube.com/watch?v=NK3oUhP8Dmk>

27.

Kevin McBride boxing legend who fought Mike Tyson. Discusses using hypnosis with the Boston Globe on May 20, 2005.

Tyson will be surrounded by a posse of [hard cases](#). McBride will come with his hypnotist.

The man still known in his native Ireland as "The Clones Colossus" has been preparing for Tyson not only physically, but mentally, [training](#) his body three times a day and training to believe in himself by attending sessions with a local hypnotist who fills his head with the power of positive thinking.

You need a strong mind to overcome the myth of Tyson and that's where a hypnotist fits into McBride's plans for an upset.

"That's my secret weapon," said the 6-foot-6-inch McBride yesterday. "It's good to be around confident people. It's good to talk with confident people. To become a champion, you need that confidence. Hypnotists say all the right things to you.

This is an example of a famous athlete using hypnosis to improve performance and to overcome mental blocks in the ring.

http://www.boston.com/sports/other_sports/boxing/articles/2005/05/20/head_and_shoulders_above/

Matt Damon on the Jay Leno show 7 December 2004 on using hypnosis to quit smoking:

“I should have done it years ago. It’s amazing I didn’t even want cigarettes any more.”

He claims he also tried to convince close friend Brad Pitt to try the therapy. “I tried to persuade Brad but he was not having any of it. You have to want to quit.”

The 'Oceans 12' reportedly underwent just three sessions of the mind-altering therapy before ending his 16 year habit without a struggle.

<http://www.youtube.com/watch?v=e9JvWcxK-6Q>

EXTRAS:

<http://www.bing.com/videos/watch/video/kevin-stone-and-tyra-banks-together/5da419e34dc018f488915da419e34dc018f48891-1515816878650>