

## **A Must for New Year Resolution Makers -- World Hypnotism Day on Voice America's Happy Hour**

*Tune in to Happy Hour on Health.VoiceAmerica.com on January 4th at 6 p.m. EST and hear Susan Gayle interview World Hypnotism Day originator Tom Nicoli, BCH, CI. Tom & Susan explain hypnosis, how it works and World Hypnotism Day.*

Woburn, MA (PRWeb) December 31, 2006 -- Anyone making a New Year's Resolution knows there's something missing when applying will power only. In support of the Third Annual World Hypnotism Day, January 4, 2007, Susan Gayle, host of Happy Hour on [www.health.voiceamerica.com](http://www.health.voiceamerica.com), welcomes internationally recognized board certified hypnotist and certified instructor, Tom Nicoli to give you the secret to keeping those resolutions and reaching your goal.

Tom Nicoli was the hypnotist that appeared on the Dateline NBC Ultimate Weight Loss Challenge, demonstrating the effectiveness of his hypnosis weight loss program. His weight loss hypnosis audio CDs received the highest 5 star rating by Jean Fain, Harvard Medical School Hypnosis Instructor, in Shape magazine October 2005.

Susan Gayle, also a certified hypnotist, welcomes Tom Nicoli to discuss World Hypnotism Day and how hypnosis can benefit anyone, especially when making a new year resolution. You will learn:

- \*Why traditional approaches to change fail
- \*How to remove the struggle for personal change
- \*How you can benefit from World Hypnotism Day
- \*How to use your mind to create the life you want

The benefits of hypnosis and the awareness of those benefits increase daily as we have read and heard the headlines in Newsweek, Scientific America, The Times of London and other international media and popular syndicated television shows. The world public is more aware of the safe, natural and expedient process for positive change, as myths and misconceptions of hypnotism are dispelled.

Hypnotists around the world will be celebrating this day with special events and appearances to educate and inform the public about the many benefits of this little known procedure. What could be a better way to start the New Year than learning about the power of your own mind?

For further information or interview, please contact Tom Nicoli.

To find WHD events in your area, check out the official website: [www.worldhypnotismday.com](http://www.worldhypnotismday.com)

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### **Contact Information**

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