

My husband heard Dennis Parkers presentation on self esteem / self hypnosis and was very impressed and told me his version of the presentation. He started using his cd's daily I found it humorous because I didn't understand and was skeptacle of the possible benefits. Until one day I had a headache the kind that starts behind your eye and it grows and grows. I left work early, tried Tylenol, after all that my headache kept getting worse and was on the verge of a migraine so my husband suggested to try the self hypnosis cd. At this point I couldn't take care of our daughter because of the pain and so I thought what do I have to loose. So my husband laid me down on the bed, turned on the cd and shut the door. As I laid there in the dark with my head throbbing I decided to really try to do what the cd said. My husband curious of my reaction came to check how it was going about 15 minutes into it and to my surprise my headache was gone and so was my scepticism. I use the self hypnosis cd on regular basis and I'm a firm believer of the benefit of self hypnosis.

A Weaver