

TESTIMONIALS

I was a smoker for 16 years and quit once before for 6 years. When I quit cold turkey, I found it was the most torturous 2 weeks of my life, filled with severe physical cravings to have a smoke. I tried several times to quit again since then, but I couldn't make it through the day. But when I heard of being hypnotized to quit smoking, I thought to myself, why not. Skeptical and nervous, I thought I try it anyway, because I had nothing to lose. I found the therapy session educational, relaxing and exciting. I don't smoke anymore, and can honestly say I didn't experience any severe cravings at all. My wife still smokes around me and I roll cigarettes for her without experiencing any urge to have one myself. - **Mike Keough - non-smoker - Age: 38**

I just wanted to let you know that I attended your hypnosis session on giving up smoking on November 26th 2001, (two years ago next Wednesday), and since then I have not had as much as a draw from a cigarette and have no intention of doing so. I want to give you some of my personal background in regards to smoking, I smoked for (30) years and in all that time the only time I gave up, without help of any kind was about 10 years ago I gave up for about 5 months but when I went back on them I was smoking just as much as before, I smoked almost a pack a day and really smoked a lot in the night time, and I dearly loved my smoke, looked forward to having one more than I did food, anyway after attending your session without any kind of crutch, no patch or pill or anything else, I gave up cold turkey it was on a Monday night at 7 p.m. that I had my last smoke, that was Monday Nov 26/2001, anyway I have been tempted since and it has not been easy I gained a few pounds which I am now losing with exercise and good eating habits, but I hardly ever think on having a cigarette anymore, and I have to mention this!!!!!! My husband smokes and he smokes in front of me and where he don't smoke at work all day he smokes quite a bit in the night time. Anyway just wanted to thank-you for giving me the push I needed to quit, even though I don't know if I was hypnotized or not you must have did something for me because even though it was a very strong will-powered thing to do, it was not as bad as it would have been without your help. Thanks! **Gerri**

Last night ,you asked what I thought of the session . I didn't know what to say other than I wasn't comfortable , 14 hours later I want to say that the proof of effective efforts is not always in the immediate feedback , but in the next day thoughts . My first conscious thoughts as I awoke this morning were to affirm the suggestions that you gave during the session . I will eat more sensibly , I will lose weight , I am confident with your disc , and your private session that I will continue towards my goal .THANK YOU - **RT Smith**

I'm a non-smoker & it's absolutely wonderful. I went through 6 days of an awful taste.otherwise, same eating & sleeping habits. I have no desire to smoke at all. Living with my mother who smokes a pack & half a day is also no problem. This weekend I was invited to lunch to a friends house with 6 people and I was the only non-smoker. Thank you for the guidance, I smoked since grade 10. and to be a non smoker is like giving me a million dollars. - **L. C. - St. John's**

I attended your weight loss seminar and have been losing weight ever since. It motivated me and helped a lot. It is now easier to say no to sweets and deep fried fatty foods and I find myself making time to exercise. I feel great. I was apprehensive at first about hypnosis but I would recommend your seminar to anyone. I reach the weight loss goal I set for myself almost every week. - **L. B. St. John's**

Hi Gary,

Thank you for the great interview last night. Thanks also for the relaxation CD, both of my kids took a nap this morning so I turned on the CD and lay on the couch. I listened to the whole thing and then turned on my side to take a little nap. I woke up feeling like I had slept all night! You should market that CD to sleep deprived parents. Thanks yet again, - **Christine**

Hi there

Just wanted to give you an update since your seminar October 17, 2007....**my life has improved 100% in every way. I am fitter, happier and more alive.** I met a friend of mine for coffee the other day that I haven't seen in over a year and she was "gobsmacked" ,, **she said OMG you look like a million dollars!** what have you been doing? I've never seen you look so alive.....maybe because I also dropped 25 pounds... I am so proud to say. In any case, I've listened to your CD only twice since your seminar when I just need to relax and go into that zone. The thing that really stuck in my head that you said, was and I can't quote it exactly but you said that **no food can ever taste as good as thin feels.** Something like that. That stuck in my mind like glue. And I thank you for that. But again it is all about attitude and the "wake up" call, thanks for waking me up. **I eat totally healthy now** and anything that is not filled with nutrients and is just NOT good for me I almost gag at the thought of putting that poison in my body. **I do some form of exercise everyday and it feels so good, its addictive.** I like walking mostly about 5 miles a day. And I go over things in my head as I walk I have me time and I just want to push on and do better. **I am so glad I attended your session.** Thank you again Mr Summers. And please feel free to use this in your class... print it out pass it around ,, whatever... if it helps someone else then I will be so very happy. Keep up the fantastic work. - **GOD BLESS - Brenda DILLON**

Hi Gary,

Just wanted to check in with you regarding a fundraiser as we discussed at my last session. Also I wanted to update you on my progress. First of all, my lifestyle change is taking shape, Today at lunchtime, I weighed in with my nutritionist Tara, I'm now down to 439 pounds (From 455+ in November). The sessions I've had with you have been remarkably helpful. I listen to the CD track at least once a week just to keep it fresh in my mind – as well as I find it very relaxing. – **MB**

We met back in the fall regarding my claustrophobia. Flying was a particularly difficult experience for me in the last few years. I just wanted to let you know that I flew last month &, while I won't say my claustrophobia is completely gone, I was more comfortable than I have been in quite some time. I have your CD & will listen to that as needed. And I may contact you again if I find the claustrophobia being out of control again. On another note, our son attended and enjoyed your session at his school a week or so ago. I haven't seen him enjoy school as much in quite some time! Thanks, Gary, your help means a great deal. MD – St. John's