

# World Hypnosis Day: Opening up a dialogue on the history and benefits of Hypnosis

*World Hypnosis Day recognizes hypnosis as a valuable tool not only for improved health but to live life in powerful and successful ways.*

BOWIE, MARYLAND, UNITED STATES, January 4, 2023 /EINPresswire.com/ -- World Hypnosis Day is an annual event held to honor the timeless practice of hypnosis and its ability to help people unlock personal potential. Hypnosis has been used for centuries as a tool to induce relaxation, but modern science has shown that it can be used in powerful and successful ways to achieve goals, improve health, reduce risk of death, and enhance one's quality of life.



Dr. Twanna Carter (Photo by Renee Wilhite)

Hypnosis works by allowing the mind to enter a state of deep relaxation and concentration—allowing it to accept positive suggestions that can lead to changes in behavior, attitudes, and beliefs. For years, many looked at hypnosis as something “out of this world” or “magical,” scientific evidence suggests that its effects are very real.

“

Hypnotism is a powerful way to unlock our minds and reach our highest potential for health, happiness, and success.”

*Twanna Carter, PhD*

In fact, Gary Elkins reported in a recent article that 71% of participants achieved high levels of well-being through the use of hypnosis. Having high levels of well-being are shown to reduce death risk by almost 20%!

Many people seek hypnotherapy as a last resort for habits, challenges, and problems. No matter how hard people may try, sometimes they need a little extra help to

overcome their challenges. With traditional healthcare often coming up short, hypnotherapy has become a go-to solution for those looking to break their habits, tackle personal challenges, or solve problems. By providing an avenue for people to grow their emotional well-being and optimize their positive functioning.

This form of help has been found to be especially useful for clients with issues that haven't been resolved with conventional medicine such as stress management, habit modification, fears, [anxiety](#), pain management, and more, according to Dr. Carter.

Dr. Carter recalls working with an entrepreneur who had experienced a loss of confidence. They were excellent at what they did, and the entrepreneur felt like they ran into a brick wall of self-doubt. After five sessions of hypnotherapy, the entrepreneur regained their confidence and went on to achieve their greatest month ever.

Using hypnosis and life coaching, Dr. Carter helps clients eliminate the [negative mental programmed thoughts](#) they've accumulated for years (decades sometimes!). And she speaks positive statements and mental images to the subconscious, which results in clients replacing their negative mental programming with a new positive reality. This ultimately results in increased confidence, better health, and happiness.

Twanna Carter

Twanna Carter Professional & Personal Coaching, LLC

+1 410-914-7749

twanna@twannacarter.com

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

[Instagram](#)

[Other](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/609505085>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.