



## Famous people who have used Hypnosis

Hypnosis is one of the mighty secrets used by star athletes and other famous people. Some of the greatest people that have ever lived have accomplished so much and have achieved magnificent accomplishments during and after hypnosis.



To give you some ideas, many pro golfers use hypnosis because of the intensity of the game and the concise concentration that is required. It is quite commonplace for pros such as Tiger Woods and Jack Nicklaus to frequently use hypnotherapy



Tiger Woods, one of the greatest pro golfers of all times uses hypnosis regularly. He not only uses it to enhance his performance but it keeps him focused and directed on and off of the golf course.



Tiger is very spiritual and wholeheartedly believes in the power of hypnosis.

Watch Tiger Woods the next time that he is golfing on TV. Pay close attention to what he does just before he makes his move. He blinks his eyes twice.



This is a technique that he learned in hypnosis which is his way of putting himself right in the Zone, where he needs to be in order to excel at his game. It puts him another place where there is nothing but positive focus put on the task at hand.



Throughout the corporate world, sports and entertainment world hypnosis has and is being used to enhance performance, modify behaviour, and ease stress. Hypnosis is a way to alleviate any obstacle that is preventing you from maximizing your performance in any way.

Just to name a few greats that might simply amaze you are Mozart. As history tells it, he composed a famous opera while under hypnosis. Car manufacturer and billionaire, Henry Ford was a loyal hypnosis patient as well as Thomas Edison.



[Here are some more famous names that have used hypnosis to improve performance, beat addictions and transform their lives.](#)

[Aaron Eckhart](#). Actor, who played Batman's Nemesis in the 2008 movie 'Dark Night' Listened to hypnotherapy tapes to help him to beat smoking and alcohol addictions - later stating in an interview that it changed his life forever.



[Albert Einstein](#). Physicist. The legendary physicist regularly used it to help him to develop his ideas. Some claim that the theory of relativity came to him during one of his sessions



[Ben Affleck](#). Actor Ben was quoted as saying "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". Another fan of mind enhancement, and especially Hypno-therapy and its ability to re-wire human behaviour.



[Ellen DeGeneres](#). American TV celebrity and actress. Ellen underwent hypnosis live on her TV chat show, and used its power to successfully stop smoking.

[Geri Halliwell](#). Well Known singer from the UK chart topping spice girls again adds to the numbers of Celebs who used hypnotherapy to lose weight and get fit.

[Jack Nicklaus](#). Professional golfer. He LOVES hypnosis! Jack isn't shy about his passion for hypnosis and enhancing his mind. He uses it to improve his concentration

[Jackie Kennedy-Onassis](#) used hypnotherapy to help her overcome the tragedy that she experienced during the assassination of her late husband John during his US presidency.

[Jimmy Connors](#). Commentator and World Class Tennis professional ,uses hypnosis regularly to help his tennis game, and to help him keep his focus during important tournaments.

[Kevin Costner](#). The actor was in Hawaii filming the movie Waterworld and had become seasick due to all of the water scenes. He has his own hypnotists that he generally works with and had him flown in to put him under hypnosis which cured his sea sickness.

[Kevin McBride](#). Irish Heavy weight boxer. Veteran of 35 wins out of 46 fights with 29 knock outs listens to his hypnosis sessions before every (boxing) fight. He claims this gets him into a positive and focused state of mind and focuses him on winning.

[Lily Allen](#). Well-known UK chart topping pop singer. Another celebrity who has used weight loss hypnosis successfully - she lost so much weight she dropped 3 dress sizes.

[Lord Tennyson Alfred](#). Poet. Lord Tennyson was a famous poet in his time and it is said he wrote entire poems while under the influence of hypnosis - again tapping into his creative side.

[Matt Damon](#). Actor. Matt proclaimed his love for hypnosis live on TV, stating that "it was the greatest decision I ever made in my life" This was to Jay Leno, and he was referring to using hypnosis to stop smoking.

[Orlando Bloom](#). World famous actor.Orlando used hypnosis as a child. His mother took him to see a hypnotist to help him to overcome his addiction to chocolate and also to help him to lose weight and get into shape.

[Sigmund Freud](#). Psychiatrist was researching hypnosis when he happened to discover the theory of modern psychiatry. These are all some pretty amazing and intelligent people who are relying on hypnosis to guide them through life.





Sophie Dahl. Granddaughter of Roald Dahl. UK model, Sophie was a "plus sized model". After a change of heart she dropped a huge amount of weight with help from hypnosis for weight loss. Now she leads a healthy lifestyle, is a beautiful pin-up model, and managed to keep the weight off as 10 years later she is still a size 8 dress size!



Steve Hooker. Australian, Pole Vaulter. Steve won a Gold Medal at the 2010 Delhi Commonwealth Games in the Pole Vault. He puts his success down to not only his dedicated training routines and high ambitions, but also thanks hypnosis for helping him to visualize his success time and time again so that he felt completely comfortable, and "at home" on the day.



Winston Churchill. England's wartime prime minister used to often work, plan, and strategize all night, and so he would listen to hypnotic tapes during the day to help him to stay fresh.

So there we are. All those famous people! It's actually quite interesting and easy to do a little on line research and verify their history. Isn't it very interesting to know just how many professional, successful people in the public eye, who we often hold in high regard, achieved their dreams and got to where they wanted to be?



They used a little known secret which transformed their lives that many people even today, in this modern hi tech age we live in, still do not, know widely about.

Hypnosis! I am convinced that if more people new about hypnosis and just what it can help the individual achieve that it would be far more widely used than it is today.



On my website I have provided a lot of information on how hypnotherapy can bring about permanent beneficial change for people. But for your ease and benefit and to just summarise how hypnosis works, hypnotic suggestion works in the following way; as the therapist taps into the clients subconscious mind and feeds it with new positive information it allows the subconscious to overturn any old unhelpful behaviours, repressed emotions feelings and to replace those with new more beneficial feelings, behaviours and beliefs, so that you know that you are for e.g. efficient, effective and positive and that you can handle stress, you are a hard worker, and successful etc. This is how and why so many sports professionals and celebrities choose hypnotherapy for their self-development to help them be the best they can be.



*All you need for the hypnotic process to work is the, belief, motivation, commitment and desire that it will work you.*

*You must want it to work and it will. It is all natural and proven to work, if you allow it to.*



***Perhaps it's time for you to try a different approach? Why not give me a call and have a free initial consultation and see how my hypnotherapy services can help you. 01726 69703.***





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