

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. - **MK - 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 that 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

Just sending a quick note of thanks for your time and help a couple of months ago. It's exactly two months today since I dropped by your place and I'm delighted to say; so far, so good. I haven't touched any form of gambling since and am hopeful I will continue on this path. Thank you for sending me the recording. I've listened to it a half dozen times, when I felt I needed to and I feel it has helped. Again, I just wanted to say thank you. I knew I needed a push in the right direction and now that I have that, I fully intend to stay on this route. It's made my life much happier! GP -St. John's

Hi Gary, I had to let you know that I am doing so well. I have been able to really relax around dogs. I am able to go the cabin, visit places, where I know there will be dogs and I have no trouble walking outside. It is like a new life. I have passed your name along to many people too...lol People who know me, are so surprised and happy that I have had this life changing attitude. Thanks for all your help!! FP - Glovertown

Hi Gary,

Sorry I took a while to reply, I've been slow checking my email. I'll answer the questions to the best of my knowledge, but there still feels to me like a component of understanding is missing because I don't seem to be consciously thinking of past incidents when I experience terror.

1) Identify the main event that caused the recurring anxiety.

I think the main sources of my anxiety/PTSD are three things in order of occurrence: First, growing up in an unstable, alcoholic, and emotionally abusive home where I felt unwanted/unsafe. Second, being in a physically and emotionally abusive relationship at age 18-19 which ended with the most severe incident physical abuse and attempted murder. And third, a sexual assault at age 21 by a family member and the subsequent blame and shame my mother gave me after the incident. The confusing part for me is that I have no conscious fear of those things when I'm in the midst of terror; it feels more like I'm afraid of some unknown.

2) What happens to trigger the anxiety.

Being alone at night with no other adults present. Sometimes occurs during the day as well, but usually and most significantly at night.

3) How often does the anxiety occur. Once a day/week

Every single night that I have to spend without another adult present. Currently that's 7 nights a month.

4) Are there multiple triggers.

It is often an unexplained noise in or out of the house that initially triggers the terror, but sometimes it's simply the thought in my head that there's something to be afraid of.

5) What are your first thoughts as the trigger occurs.

Someone/something is coming to get me.

6) What do you do when the anxiety happens. What is your behaviour.

Stay in a fetal position in whatever room I'm in when I start to feel the terror and never leave until my boyfriend gets home. Try to keep the baby sleeping quietly because I'm scared his crying will draw the threat more quickly.

Hope this is at all helpful. Please let me know if you need any other information. Look forward to meeting you on Tuesday.

Hi Gary,

Thanks for writing! So my boyfriend just worked four nights in which I was home alone with the kids. I am still having fear, but there have been remarkable differences. The first night I lay in bed all night afraid, but no longer paralyzed with fear and hearing footsteps and thinking someone is in the house. I texted Fred twice to say I was afraid, but nothing more. The second night, I also stayed in my room and only slept a couple of hours, but was able to go to the window and open the curtain when I heard noises outside, and go to the bathroom when I needed to, whereas before I would wait until Fred got home to use the bathroom or approach a window. I felt afraid, but avoided texting at all. On the third and fourth nights, I was thinking clearly enough to realize I'd be more comfortable sleeping in the basement where I could hear the TV, whereas before I was too afraid to go near the stairs or basement. I was able to keep the air purifier on, whereas before I was afraid any noise would drown out the sounds of an approaching attacker and I kept the house silent. Even though I still feel nervous, I was also able to leave the room and come upstairs to use the bathroom, make food, etc. My only texts to Fred were about what I was doing and how the kids were. Last night was the fourth night, and I got a full night of sleep for the first time, waking up at 6:30am ready to go for the day and not needing a nap. I feel like the more practice I get, the more comfortable I will get. I'm not 100% relaxed being home alone and maybe I never will be, but I have gone from 8-hour paralyzing terror to feeling nervous, but capable of making modifications to my routine that allow me to relax and sleep. So thank you for your role in bringing about these changes, I feel like I'm already over the biggest hurdle!