



Hi Robert,

Well, I did it! I went to the lab and had blood drawn and surprisingly enough, I did pretty well. I was a little nervous, but no more so than before a doctor's appointment. I wasn't hysterical. I didn't cry. In fact, while I was sitting in the chair preparing for the actual needle, I closed my eyes and relaxed and just tried to focus on my special place (and yes, I saw my chicken dance). What was amazing was how quickly it happened - I couldn't believe how fast it went and because I was calm throughout the process, I didn't end up with a huge painful bruise like the last time. I still can't get over how easy it was for me to go through and now I know that because I didn't have anxiety this time, it will be easier the next time and then easier the time after that and so on. I simply cannot thank you enough and have been singing your praises around my office. You can probably expect a couple calls in the future! I am going to try to use the CD you made to deal with my bug issues next! I just thought you would like to know how well hypnotherapy worked for me and that I am definitely a believer! Thank you so much and I wish you all the best!

Robin