

## **Famous People who have used Hypnosis**

Hypnosis has helped the following celebrities and famous people improve their health and achieve their goals:

### **Weight Loss**

- Lily Allen (singer)
- Sarah Ferguson, Duchess of York (former member of the British Royal family)
- Sophie Dahl (model)
- Geri Halliwell (singer)
- Chuck Clausen (former coach of the Philadelphia Eagles)
- Orlando Bloom's mother used hypnotist to deal with the addiction to chocolate he had as a child
- Fergie (singer of the Black Eyed Peas) has a hypnotherapist close when she's touring

### **Quit Smoking**

- Matt Damon (said "Using hypnosis was one of the greatest decisions of my life!")
- Barry Moore
- Billy Joel
- Drew Barrymore
- Britney Spears
- Ellen Degeneres (was hypnotized in public by Paul McKenna)
- Ashton Kutcher
- Charlize Theron
- Ben Affleck
- Mark Knopfler
- Aaron Eckhart (actor) credits hypnosis for changing his life forever after being able to give up smoking and alcohol.
- Samuel L. Jackson
- Winona Ryder
- Simon Cowell
- Katy Perry
- Billy Joel

## **Personal Development**

- Ashton Kutcher has used hypnosis for various purposes. At the beginning of his career, he used hypnotism to help him to visualize himself like a successful actor.
- Sylvester Stallone has hypnotic inductions with the famous hypnotherapist Gil Boyne while filming Rocky in 1975. He used self-hypnosis to help write the script for "Rocky". He then used hypnosis on a daily basis to overcome the more than 900 rejections for his script. During each day of filming "Rocky" he used hypnosis tapes. Eventually "Rocky" became an overnight success.

## **Public Speaking**

Many celebrities and public figures have overcome their stuttering and fear of speaking in public by being hypnotized.

- Princess Diana used hypnosis for public speaking and confidence
- Bruce Willis (actor) used hypnosis to overcome stuttering
- James Earl Jones (actor and voice of Darth Vader in Star Wars)
- Mufasa (Lion King) used hypnosis to overcome stuttering

## **Confidence**

- Princess Diana

## **Quit Bad Habits, Fears & Phobias**

- Sarah Ferguson (ex-UK Royal Family) used hypnosis to stop biting her fingernails
- Tony Curtis (actor) used hypnosis to overcome his fear of flying and to improve his career
- Kevin Costner (actor) flew his personal hypnotist to Hawaii to help him combat his seasickness while filming "Water world"
- Jackie Kennedy Onassis used hypnotherapy to reduce depression and anxiety help let go tragic events in her life such as the loss of his murdered husband
- Demi Moore used hypnosis to forget her love for Ashton Kutcher

## **Hypnobirth (reduction of pain during labour)**

- Jessica Alba (actress)
- Kate Middleton (Duchess of Cambridge)
- Emily Deschanel (actress)

## Sport

- Andre Agassi (tennis) star worked with Anthony Robbins, Utilizing NLP and Hypnosis.
- Steve Hooker (Pole Vaulting) won the 2008 Gold Medal after using hypnosis to visualize his success.
- Mary Lou Retton (gymnastics) used hypnosis to block pain in her foot and won the Gold Medal for Gymnastics.
- The Chicago White Sox hired a full-time Hypnotist in 1983 and made the playoffs.
- Tiger Woods began seeing a hypnotist at the age of 13 to help him to block out distractions and focus on the game
- Pat Cash (tennis)
- Jack Nicklaus attributes his success in golf to hypnosis and visualization techniques
- Frank Bruno, WBC Heavyweight Champion is said to have used hypnosis before beating Mohammed Ali.
- Players from many basket teams such as the New York Mets, Los Angeles Dodgers, and Minnesota Twins used hypnosis to improve their performance and manage pain and injury.
- Phil Jackson, coach of the Chicago Bulls and LA Lakers used hypnosis on his basketball teams, including:
  - Shaquille O'Neal (basketball)
  - Michael Jordan (basketball)
  - Kobe Bryant (basketball)

## History Influencers

- Carl Jung and Sigmund Freud (founding fathers of modern psychiatry)
- Mozart (1756-1791) it is believed he composed the famous opera "Cosy fan tote" while hypnotized
- Albert Einstein (1879-1955) physicist – had his hypnosis sessions every afternoon. It is believed that the theory of relativity came to him during one of these hypnosis sessions. He also used the hypnotic trance states to develop his ideas
- Lord Tennyson Alfred (1809-1892) wrote complete poems while hypnotized
- Thomas Edison (inventor of light bulb) used self-hypnosis on a daily basis
- Aldous Huxley (writer/ thinker) used trance-like states to explore the states and nature of Consciousness
- Winston Churchill (Prime Minister during WWII) used hypnosis suggestions in order to stay awake during the nights of WWII