

1/25/06 HEADLINE The Insurance Specialists

Susan Gayle (formerly Susan Neri-Friedwald) and The New Behavior Institute Announce the Self-Hypnosis Workshop in Mid-Manhattan

Just in time for the Holiday Season, when everyone eats and drinks too much, swearing they'll never do that again, **The New Behavior Institute** is announcing a Self-Hypnosis Workshop, designed to teach people how to empower themselves and take control of their behavior. For more information or to register, people should call 212-889-5362.

The Workshop gives attendees the tools they need to understand how the subconscious mind works and how to effectively use the trance state to make desired changes. The trance state is a deep, completely safe and natural focused state, similar to a meditative state. Using the natural trance state purposefully, people can learn to take control of their habits, their drinking and their eating. They can learn to be in control of themselves, feel more confident and create a state of calm, balance and joy.

We all move in and out of trance naturally throughout our day. When we are totally concentrated on a task, or daydreaming, or deep in a book or movie, we are in a trance. A couch potato is someone highly skilled in getting themselves in a trance. When we go over and over a problem, reliving the event again and again, we are in a trance. It is a powerful and totally natural state. It is exciting to know that, through hypnosis, it is possible to use the trance state to achieve goals, modify or change behavior, feel empowered and gain confidence.

The mission of **The New Behavior Institute**, located in Mid-Manhattan, is to empower people to successfully make the changes they wish to make. The Institute specializes in behavioral changes such as Reduce or Stop Drinking, Stop Drugs, Quit Smoking, Lose Weight and Reduce Stress. The Institute can help people Improve Concentration, Improve Performance (Scholastic/Sports/Job), Improve Self-Esteem and Gain Confidence. Using Hypnosis, **The New Behavior Hypnosis Institute** can even help prepare a person for surgery and help the healing process after surgery. The Institute was created for people to feel they are in a safe and caring environment where they can relax and learn how to take back their power and feel proud of their behavior. Results have been phenomenal.

The New Behavior Hypnosis Institute offers Individual Sessions as well as Seminars and Workshops. The Institute works with individual and corporate clients as well as schools, institutions and group meetings. Clients are seen at the Institute, or on Corporate premises, and for clients who are out of town, phone sessions are available.

Susan Gayle (formerly Susan Neri-Friedwald), Owner & C.E.O. of **The New Behavior Institute**, is a Hypnotist certified by the National Guild of Hypnotists, American Board of Hypnotherapy, International Medical & Dental Hypnotherapy Association and International Association of Counselors & Therapists. She is an educator and teacher, taught at City University of New York (Baruch College, Brooklyn College, LaGuardia Community College), is also Owner of **The Language Exchange**, a school specializing in English as a Second Language, was Co-Owner of The BLC School of Languages and has consulted with many companies over the years (Teachers Insurance & Annuity Assoc. (TIAA-CREF), SmithBarney, General Motors Corp., Nissho Iwai American Corp., New York Life Insurance Co., Hyatt Hotel and others).

Susan Gayle (formerly Susan Neri-Friedwald) says, " To work with people who are at a crossroads in their lives, who want to move forward and make positive changes, and who allow me to be a partner through their process and a catalyst for their change is such a joy. I thank heaven every day that I get to do this kind of work and I get to work with all the wonderful people who come to the New Behavior Institute. Our clients are just the best. I feel very blessed."

Here's what clients are saying:

"Susan Gayle's (formerly Susan Neri-Friedwald) work is profound and exceptional. Whether you are seeking stress reduction, help with trauma or addictions or simply wish to reach a deeper level of health and well-being, I cannot recommend Susan highly enough."

Anna Rayne-Levi, MA, Licensed Psychotherapist/Behavioral Health Consultant

"It was one of the best moments in my entire life. I discovered a universe inside myself, a complete new world full of possibilities and sensations that I had never imagined."

Carlos Aguasaco, H.S. Teacher

"I had a great time last night. I'm not new to meditation and positive thinking, but I very much liked the spin you put on things, and how you conducted the evening. I am recommending you to all my friends. It's good stuff. Thanks again, Susan. You are a lovely person and you did a great job. I was very happy to be there."

Valerie Gilbert, Actress

"(Susan) is very good and motivates us to improve."

Virginia Powell, Homemaker and Student

Event

Self-Hypnosis Workshop Event Date

Wednesday, November 9, 2005 Event Time: 6:00 p.m. - 9:00 p.m. Location: Mid-Manhattan

CONTACT

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