



MIND MATTERS®
HYPNOSIS CENTER, LLC

Get Help With Hypnosis

Avon, Guilford, North Branford
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Phone: 693-6448

Mind Matters Client Testimonials

“I just wanted to send a quick email to thank you for all of your help. I am still a NON-SMOKER thanks to you, but in addition to that I felt a huge burden of anxiety and negativity and grief lifted off of my chest after our last session. It was so freeing and amazing. God Bless you for what you do. Thanks again for all of your help, the whole experience was amazing and I continue to feel awesome after the last visit.” *Natalia*

“I can't begin to tell you how much our sessions have changed my life. This has been the first year that I haven't been sick all winter! No allergies all summer, no colds all winter, and I've actually put on a few pounds, which I've never been able to do before. Even my kids are doing great, which I think is just an overflow effect from their mom being so much healthier and happier. :-)” *Fally K. Brooklyn, NY*

“I want to take a moment to provide you with an update to the two sessions that we had together. My wife, as well as my sister Anne, both say that I am a changed man in that my attitude and approach to life and people are much lighter. Also, since we last met, I had routine visits with both my primary physician and nephrologist. My primary was amazed at how my kidney functions had improved over my prior visit and the nephrologist said that the results are decidedly in a very stable range, which is definitely good news!” *Mark H.*

“You have helped Caitlyn with one huge area of anxiety- eating out! Ever since she left your office last week she was able to eat in a restaurant and not fight me on it. Saturday night we had a wonderful family meal out. What a pleasure !!!”

“Just wanted to let you know about lots of positive things happening since our last session. I have had minimal chocolate, no wine, no other sugar, no over eating, hardly any cravings. I'm really happy with the results. Still struggling a little with the "alone" thing, but it is easily taken care of with a round of tapping! It gets triggered when hubby gets cranky, but now I can recognize it and handle it! I'm also drinking lots more water and tea, and enjoying them! I am very grateful for all your kindness and hard work with me and have given your name to a couple of people. Also, the doormat is slowly getting rolled up! Lol” *Kathy W*

"I wanted to thank you again for your last session and let you know that I was in fact able to get my milk to come in and exclusively breastfeed my son. I have been breastfeeding him exclusively (no formula, no cereal, no purees) and he is turning six months old this week and we just started introducing solids last week. Yay! I will DEFINITELY be contacting you for some more sessions as I know I have more work to do. :) But I now also know that my mind can help my body. Thank you again so much for your help and I hope you've been having a great 2015." *Alana, NJ*

"During an 8 hour procedure, six vertebrae were fused with cobalt aluminum rods and titanium screws, donor bone and kyphoplasty glue. The cancer had eroded three bones and had invaded my hips, neck and ribs. Post surgery I healed very quickly and did not require ANY pain medication thanks to Lisa Zaccheo my hypnotist and the integrative team at Backus Hospital." *Dr. J. Campisi*

"Hypnosis for my surgeries was a complete success! All went well and my recovery was great!" *Lisa Farley*

"Thank you, thank you, thank you for the wonderful trip – flying to Phoenix and back! With your help I knew the trip by air would work out very well. I had no qualms before I left your office and was completely confident that all would go well. And it did!! I am still somewhat in awe that this flight could have gone so well. Thanks for making this trip such a positive experience." *Jane*

"Hi this is Linda. We had an amazing appointment the other day on Monday and I'm so grateful for it. Honestly I've never felt better and it was just such an amazing appointment for me so the sooner I can get into to you the better." *Linda*

"I just wanted to say thanks for everything. Everything is going well, and I will likely be in touch once we are pregnant to help with "mind over matter" with pregnancy/labor. I have sung your praises and I realized hypnotherapy is nothing like what I thought it would be, but it really has helped me and my thoughts. Please stay in touch!" *Melanie*

"Sometimes our defenses are so good at protecting us from things that are so bad, we can't get at these things by talking. Going to Lisa for three sessions is like having 10 years of psychotherapy. Things get cleaned up really fast...She just finds this magical, intuitive way to connect with these people and the healing is immediate...She provides a warm and safe environment. She gets right behind the defenses. She's just amazing. My clients make progress with her immediately. She's incredible gifted." – *Carole B. Cohen, M.D., West Hartford, CT.*

"**23** pounds and counting...I was 201 on Jan 1st, and today I was 178 with 4% body fat loss!!! And the best part is I don't' crave anything!! I have totally disconnected from junk food. If it's not good fuel for the engine it doesn't go in the tank. I can't thank you enough for your advice and wisdom. I tell everyone about you and hopefully they will take the step too. *John from Simsbury*

“Just so you know, I am doing great and things are going great. You really played an important role in helping me to become a much happier person and get over the emotional trauma I suffered in my life, and for that I will be forever grateful. Thanks again.” *Alicia from New Britain*

“Thank you for helping me with so many issues and making my life better. I think of you often and hope to see you in the New Year.” *Joan from Canton*

“My weight loss has been very steady and very consistent. So far, I’ve lost 24 pounds. I’m struck by how consistent it’s been; there hasn’t been a week where I’ve gone backwards. My original goal was to get from 246 to 200 but now that I’ve got a pattern going, I see no reason why I can’t be 185-190. I don’t know how to thank you – I can’t find the words. All I can say is that your help has changed my life and I can’t thank you enough. *Eric from Canton*

Rachel is doing great – she has so much more confidence since she met with you. She was awarded the most improved gymnast and most dedicated gymnast – so you can imagine how happy she is. Besides gymnastics she just seems so upbeat about everything. I feel like a millionaire every time I see her with her wonderful smile – that’s all I wanted. Thank you so much for everything – it is truly amazing.” *Rachel’s mom Karen from Simsbury*

“What an amazing difference. The day after our session when we went into rehearsal I actually knew my lines – or as you put it all the fear and anxiety was gone and they were available to me. I even knew speeches that I hadn’t tried to memorize!! I feel calm and confident. Thank you! *Carol from Watertown*

“I wanted to let you know that before I entered into hypnosis I kept a journal of all my thoughts and experiences. After our session yesterday, I came home and briefly read a few excerpts. I am amazed at how far I have come. I no longer feel, nor identify with those feelings of anxious, self-consciousness and despair. You have given me great insight into myself and my past behaviors so much so that I now know the steps I must take to ensure a bright future. Thank you so very much!!!!!!” *Anonymous*

“Thank you, thank you, thank you for the wonderful trip – flying to Phoenix and back! With your help I knew the trip by air would work out very well. I had no qualms before I left your office and was completely confident that all would go well. And it did!! I am still somewhat in awe that this flight could have gone so well. Thanks for making this trip such a positive experience. *Jane from Wethersfield*

“I just wanted to say thanks again for our 1st session on Monday. You are truly a wonderful person. What a powerful and life changing event! I am still trying to absorb everything I experienced, but have to say that I am feeling great! Again, THANKS and I’m looking forward to our next session. *Tim from West Hartford*

“I knew if you could do it for my sister – the “professional” smoker – you could do it for me and you did!!! Life as a non-smoker is even better than you said it was going to be!! I can’t believe I deprived myself of it for all these years. I thank you and my family thanks you for all that you did to help me (and my daughter) conquer that nasty old habit. It was worth the drive.” *Barbara from New Jersey”*

"I am doing very well now and am ecstatic about getting and staying thin, fit and healthy!! I weighed myself a week or so ago for the first time in a while and I had lost 16 lbs. since we began!! My sweets now are yogurt, fruit, juice, sugar-free hard candy and other healthy foods. Also for the first time I am starting a pile of clothes to get rid of for good. I have never been able to do that before and it is such an awesome feeling!!! When I think of where I'm headed I get so excited and genuinely happy for myself, for the first time in a long time. Peace. *Geri from West Hartford*

"I PASSED!!!! It's official - I'm a nurse!! I can't tell you how happy I am to have that test behind me. I could not have done it without out your help. So thank you, thank you thank you! *RN Katie from Ellington*

"I'm living proof that hypnotherapy works and can do wonders for your mental, emotional and physical well-being. I can't believe how different the session was from what I expected. I think everyone should try it and see what an amazing difference it can make in their life to help resolve fears, anxieties and troubles that just wouldn't go away" *Terry from Unionville*

"So far I have lost just over 45 pounds....I started at 254 Yikes! And now I am at 210!!!! I'm doing great on the "diet" (actually I don't call it a diet..) I call it my new eating habits and likes...This has been so easy for me!!!" *Carl from Avon*

"It worked! I have been a smoker for over 15 years and have tried many different techniques in order to quit. Whether it be nicotine patches or antidepressants, nothing truly worked until I came to Mind Matter for hypnosis. With your help I am now a nonsmoker. Hypnosis was a simple convenient and inexpensive way to get rid of the habit" *Mindi from Canton*

"Hypnosis has changed my life completely. I left school for the summer and came back forty pounds lighter. My former English teacher didn't even recognize me. Thank you Lisa!" *Ben from Wethersfield*

"I started hypnosis with Lisa Zaccheo at Mind Matters about five weeks before my baby's due date. I was an admitted skeptic – I was never into the whole hypnosis "thing". After my first session, however, things changed. By my last session, I truly felt in control and prepared for the childbirth experience. Both my husband and my mother were amazed at how relaxed I stayed when they saw my contractions worsen in intensity on the monitor. Delivery took only ten minutes and I did not need an episiotomy. I would encourage all pregnant women to use hypnosis before childbirth." *Alisa from Cheshire*

"Forty-five years of nicotine addiction gone in an hour!" *Pete from Farmington*

"Thank you for providing a safe and supportive environment for me to experience a totally new adventure. Your relaxation techniques were remarkable in their immediate effects. I felt totally relaxed and completely alert. At the end of the process, I felt released and renewed. I am pleased and have already recommended you to many of my friends and colleagues." *Leslie from Farmington*

“Hypnosis has made a profound difference in our lives. I’m so happy that we have discovered you. I’ve dealt with my weight problem for most of my life, and I now realize that I won’t have to deal with it any more. And I’ve resolved issues that I’ve been dealing with for 35 years. My children have so positively benefited from their sessions with you. It’s so wonderful to see such happy teenagers and know that they have been shown the tools necessary to move on successfully with their lives. Thanks, Lisa. You have saved our family--and we didn’t even realize we needed to be saved.” *Cindy from Wethersfield*

“I have had so many encounters with spiders and I’ve had no problems at all. The tent I slept in had spiders all over it and I slept fine, where as before I would have been awake the entire night in fear. Thank you so much! It’s such a relief to have that fear gone!” *Ellen from West Hartford*

“I haven’t wavered, nor have I flinched from the credo to not abuse my body with any improper eating habits or food products. I’m eating well by making proper proportional food group choices, and I’m DAMN proud of it! It’s as if I’m not having to make a conscious choice, rather the right move is just naturally occurring. You have helped me take my life back!” *Mark from Waterbury*

“I am doing so well....hypnosis really helped me. I’m no longer anxious when I go to the cafeteria...and I’m eating so well. I thank you so much.” *Laura from West Hartford*

“My doctor chuckled when I asked for a referral to get hypnosis for my IBS (Irritable Bowel Syndrome). I’m the one chuckling now because it’s completely gone after only 2 sessions. I am a free woman, thank you so much!” *Dana from Canton*

“I have not had a migraine since August. I feel terrific! I had not realized how much the migraines actually affected my day to day life. I now have more energy than ever and find that it takes me less time to do things than before hypnosis. I have to say that I think hypnosis had benefited me in more ways than one.” *Fran from Glastonbury*

“Not only am I sleeping – but I’m dreaming of all the things I’m going to do now that I’m not a walking zombie. I never would have believed it if I hadn’t experienced it for myself.” *Mary from Waterbury*

“You warned me not to set my sights too low. I’ve lost the first 20lbs that I wanted and now I’m ready for more.” *Diane from Unionville*

“Paris was great! The best part was that my friend actually had to remind me that I used to be petrified of flying. Italy here I come!” *Mary from West Hartford*

There’s just enough room for your testimonial here.

There’s room for your story right here.