

**FOR IMMEDIATE RELEASE**

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**THROW YOUR NEGATIVE HABITS  
OUT THE WINDOW! EFFORTLESSLY!**

Dr. Tim Hall, author of *Uproot Your Past, Nourish Your Present, Enhance Your Future Through Self-Hypnosis*, says that you can release those habits that are not serving you, and replace them with ones that get you the results YOU want in life.

Self-Hypnosis can not only help you release negative thoughts and habits that create unwanted circumstances - it CAN help you replace them with powerful new intentions.

Your life will never be the same!

Dr. Hall's reference guide has everything you need to know to change your life. He explains in detail the way we are all emotionally and psychologically wired. He gives tons of examples, and even gives us exercises to do that will result in changes, right NOW!

Dr. Tim Hall is a fascinating and thrilling person to interview. His topic is a favourite among today's audiences and readers.

If you would like more information, or to book Dr. Hall for an interview, please contact us at:

403-289-2651 OR e-mail us at [tim@drtimhall.com](mailto:tim@drtimhall.com).

**We would be happy to send you a promo package with FAQ, a newspaper review, and a book, upon request.**

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