

**FOR IMMEDIATE RELEASE**

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**AFRAID OF GETTING COLD FEET?  
GET SOME WEDDING ASSURANCE!**

Dr. Tim Hall, author of *Uproot Your Past, Nourish Your Present, Enhance Your Future Through Self-Hypnosis*, says the only reason people back out of a commitment is that they don't feel confident in the decision they have made.

Self- hypnosis can help you make better decisions, so you don't end up sweating the small stuff OR the big stuff in life.

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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