

FOR IMMEDIATE RELEASE

Castle Peak Publishing

PH: 403-289-2651

Email: getbooked@shaw.ca

TAKE CHARGE OF YOUR HEALTH THE EASY WAY!

Dr. Tim Hall, author of the NEWLY RELEASED book, *Uproot Your Past, Nourish Your Present, Enhance Your Future Through Self-Hypnosis*, tells us: "The only difference between the condition you are in now and the perfect health you want to obtain, is within your habitual belief system."

"You can use self-hypnosis to gain control of your health problems and realize your dreams!"

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.

Quit Smoking! Lose Weight! Start and Keep To An Exercise Program!
Your Dreams CAN Come True!

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.

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

###