

FOR IMMEDIATE RELEASE

Castle Peak Publishing

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**BETTER SELF-ESTEEM
MAKES YOU BETTER IN BED!**

This basic truth will change your sex life for the better! Better sex comes from within, NOT from reading about the latest sexual positions or searching endlessly for the perfect partner.

Dr. Tim Hall, author of *Uproot Your Past, Nourish Your Present, Enhance Your Future Through Self-Hypnosis*, lets us know that, "If you feel good about who you are, you release the right signals and become more confident. Nothing is sexier than someone who is confident and loves him/herself."

You can use self-hypnosis to learn to love yourself. The result? You will be better at loving others!

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.

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

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