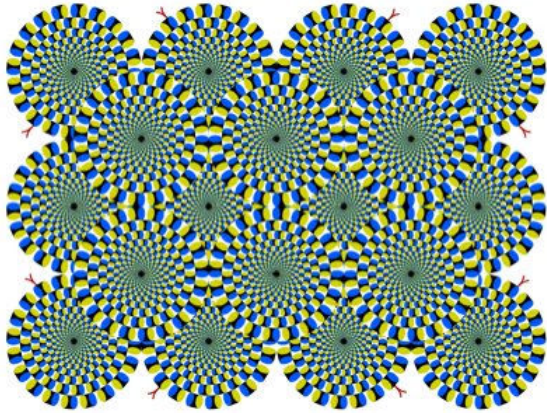


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## KYW Newsradio



Posted: Friday, 04 January 2008 2:55PM

# You Must Believe! Friday is World Hypnotism Day

by KYW's Hadas Kuznits

Friday, January 4th is "**World Hypnotism Day**," and the folks over at Center City Hypnosis were offering a free 5pm workshop.

Hypnotist Steve Roh (right) recommends hypnotism as a way to keep your New Year's resolutions.



What is hypnotism?

"It's essentially a state where people are able to get their mind to accept new beliefs and perceptions that they voluntarily want for positive benefit."

*(Kuznits:) "Why does hypnotism work?"*

*(Roh:) "Because when you're in that state, the part of your mind that's always criticizing new incoming information, it's kind of subdued, so you're able to accept new beliefs and perceptions without that interference."*

Roh says people come to him for a few main reasons:

"Smoking and changing eating habits are the main things -- but also a lot of it is about self-confidence, fears, the ability to just be yourself."

But he says there are no guarantees with hypnotism. For more information go to

[www.centercityhypnosis.com](http://www.centercityhypnosis.com) .

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