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## ***Tales from the Trance***

### **Expert Hypnotherapist Shares Real Stories, Bust Myths, and Sets the Record Straight about Therapeutic Hypnotherapy in the 21<sup>st</sup> Century**

Encinitas, Calif.—Hypnosis and hypnotherapy have their fair share of misconceptions and myths. Stereotypically, hypnosis is viewed as mind control. Hypnosis is used to make people do bizarre things like quack like a duck or bark like a dog. Or hypnosis will make you lose control. If you believe everything that Hollywood movies and Las Vegas stage acts portray, then you have a lot to learn about the power of hypnosis and Jill K. Thomas is here to help. Jill is a certified hypnotherapist (CHT) and the owner of Soul Connect Hypnotherapy where she specializes in therapeutic hypnotherapy, past-life regressions, and intuitive readings.

Combining her longtime expertise as a hypnotherapist and clairvoyant, Jill authored a new book launching in April 2019, *Tales from the Trance: The Sad, the Strange, and the Solvable* where she opens the doors of her office to give readers an insider's glimpse of what hypnotherapy is really like by sharing intimate stories from real-life clients. *Tales from the Trance* reveals the feelings and issues that keep ordinary people stuck and offers guidance to conquer debilitating fears in order to live vibrant, purposeful lives.

These stories will surprise, entertain, sadden, and inspire. Regardless of the reaction, every reader will find something of themselves among its pages. Jill knows that changing peoples' attitudes toward their own problems is usually the difference between their continuing to suffer or choosing to seek help. "This is why I was drawn to hypnotherapy," says Jill, "I enjoy helping people get a different outlook and clearer understanding of their difficulties. Hypnosis is safe, effective, fun, and can bring about deep and lasting change for the better! I encourage everyone to give it a try at some point. Who knows? It might just change your life."

Jill will be sharing her passion for hypnotherapy on the radio airwaves this spring. Tune in to catch a conversation with Jill on talk radio shows and podcasts across the country. For more information, to view free self-hypnosis meditation videos, or sign-up for Jill's blog, visit [www.soulconnecthypnotherapy.com](http://www.soulconnecthypnotherapy.com).

#### **About Jill K. Thomas, CHT:**

Jill Thomas is a certified hypnotherapist, past life regression therapist, and intuitive coach who has spent the last decade assisting others reach their lifestyle and wellness goals. Her focus is personal transformation, achieved by utilizing her abundant experience, skills, and intuition to guide clients to the core of their debilitation issue, where permanent healing can then take place.

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# About the Author – Jill K. Thomas, CHT

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As a board-certified intuitive hypnotherapist, clairvoyant reader, author, medium, and vocal channel, Jill K. Thomas helps clients move past limiting beliefs, discover their authentic selves, and create a life of peace and harmony. Jill has helped thousands of people realize lifestyle and wellness goals they could never before achieve, including losing weight, overcoming debilitating phobias, healing toxic relationships, enhancing athletic performance, and attracting prosperity and success. She has devoted her life's work to helping anyone whose issues limit their personal freedom and happiness.

When Jill was in high school, the famous hypnotist Marshall Sylver gave a presentation at her school. She was so mesmerized by what she saw that she immediately started her informal training by reading and watching anything she could find on hypnotherapy, past lives, and altered states. Formal training and certification would come when she graduated from the Success Track School of Hypnotherapy and The Raven Heart Institute for Past-Life Regression Therapy. Additionally, Jill completed one-year of intensive training for intuitive reading and finished nine-months of vibrational healing courses and channeling training.

Jill has appeared on numerous radio shows, maintains her popular online blog "[Confessions of a Hypnotherapist](#)", and has published articles for national magazines. Her "[30 Day Weight Loss Jumpstart](#)" CD has helped many people finally lose the pounds, after years of trying. In 2012, Jill wrote and published *Feed Your Real Hunger: Getting off the Emotional Treadmill that Keeps You Overweight*, an invaluable guide for individuals trying to lose weight by utilizing self-hypnosis techniques.

In *Tales from the Trance*, Jill's first work with Ozark Mountain Publishing, she expands her expert discussion beyond just weight loss to the vast scope of human struggles keeping so many trapped and unable to progress in life. Years of assisting clients through hypnotherapy and her natural psychic abilities have afforded Jill a wealth of experience and success stories to share.

To add to an already impressive resume, Jill is also an ordained minister. She lives in Encinitas, California with her husband and more cats than she cares to admit!

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