



# KINDRED SPIRITS *Hypnotised*



**Robert Temple**

'I had done a great deal of research into hypnosis and although there is no doubt that it can be incredibly effective, I was very apprehensive,' says the author who was hypnotised by his GP. 'But after the first session I had the best night's sleep I'd had in 20 years'



**Lynn Faulds Wood**

'I was having trouble sleeping and had been given some mild sleeping pills. I went to see a hypnotherapist because I felt I was becoming addicted,' says the presenter of BBC TV's *Watchdog*. 'Although I never felt I went under, the insomnia cleared up, so perhaps I learned something sub-consciously'



**Frank Bruno**

'After the first session my mind seemed razor sharp and I had a feeling of great power,' says the boxer who used hypnosis as he prepared for a world-title challenge in 1989. 'It only took a minute to put me to sleep. When I woke up I felt I could fight King Kong'



**Andrew Stahl**

'I've been hypnotised twice to try to give up smoking. The first time I didn't feel like having a cigarette for 24 hours but the urge slowly came back,' says the artist. 'And I think I knew it would fail the second time. I'd given up faith. However I'm not cynical about it — the timing just wasn't right'



**Spike Milligan**

The humorist resorted to hypnotherapy to help him sleep and to relieve the pressures of writing. He later dedicated his fifth book to the therapist, 'who helped me through a sticky time — I used to be a fly'



**Annabel Croft**

'I had hypnosis for about two years. It helped me concentrate on my game and block out the crowd,' says the former British tennis champion. 'I'm fascinated that we only use ten per cent of our brains. The creative possibilities in the sub-conscious are enormous'



**Uri Geller**

'A scientist put me under deep hypnosis to try to establish whether my powers were genuine,' says the psychic. 'I am now able to talk myself into a semi-hypnotic state when under stress, for instance when I'm flying. I'm not scared, it just helps me to relax'



**Jon Ronson**

'I've been hypnotised once, to give up smoking, and it did work — up until lunchtime,' the columnist admits. 'I was given a word — freedom — and told to think of it every time I had a craving. But by the time I think of the word, I've lit up and am inhaling. I don't think I wanted to give up enough'



**John Stapleton**

'I was a 30-a-day man and had tried to give up smoking before,' says the television presenter, who went to a hypnotherapist when his wife developed cancer. 'I could have gone three times for the same price, but after the first session I never needed to go again'



**Sheila Hancock**

The actress was suffering from stage fright when she went to a hypnotherapist. 'He suggested I think about how I was looking forward to playing the character, and while on stage I should quite simply be her,' she says. 'It was a miracle. All the first night fears dissolved'