



The Anderson Media Group

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Confessions of a Therapist **Isaiah McGee's Guide to Successfully Navigating Life**

LOS ANGELES, California – June, 2014 Traditional "therapy", it is often said, has become stale. Hypnotherapy is a welcomed alternative or adjunct to traditional therapies and something that hypnotherapist Isaiah McGee believes is the therapeutic way to greater well-being. Specializing specifically in an approach Isaiah has coined, "Quantum Hypnotherapy", Isaiah's practice goes beyond typical hypnotherapy and allows individuals to heal in ways that are very meaningful and authentic.

What's Quantum Hypnotherapy? It's the notion that an adjustment in focus during hypnotherapy to the positive, essential aspects of one's nature can bring about a positive change in the areas one wishes to improve. The "quantum" element, therefore, relates to the adjustment in focus from "the problem" to "what's already working". Isaiah has become the practitioner who can aide in the training of the mind for self-help, self development and growth, rather than someone who claims to "fix" you. It is this desire to help clients help themselves that sets Isaiah and the practice of Quantum Hypnotherapy apart from other practices available.



Desiring to spread the word beyond his own clients, Isaiah has now penned the book "Confessions of a Therapist – Passages for Whatever is Needed", which aims to shed greater insight on behavioural conditioning, the focus of the mind, and fulfilling one's potential.

An insightful and compelling read, “Confessions of a Therapist” empowers the freeing of one's unconditioned nature for the fulfilment of authentic expression and possibility. Whether you are struggling in business, love, self-esteem or family life (his clients have had success in all four areas, and more) Isaiah is a strong believer that through adjusting the mind to focus upon the fundamentally positive aspects of one's nature, and learning to focus the brain in this way can have an overwhelming impact on a person's capacity for fulfilment and happiness.

Isaiah says,

“Well-being is not something to be achieved, but rather, it is a capacity to be revealed. Well-being is the essence of one's inherent nature and as one releases the conditioned assumptions about their identity this enables authentic well-being to emerge from a psychological hibernation.”

Isaiah McGee will be touring his book and taking interviews across the US this year. For the opportunity to interview Isaiah and learn more about Quantum Hypnotherapy please contact naomid@theandersonmediagroup.com

For more information on Isaiah McGee and his book “Confessions of a Therapist” please visit <http://aconsciouslifefor.com/confessions>

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