

Layne Beachley, 6 time surfing world champion, says this about hypnotherapy: 'Hypnotherapy really helps me with my outlook. It helps anchor a moment of confidence'. 'I am conscious when I am doing it and it just brings my awareness back up to where it should be for when I am competing. The best way to say it is that it brings me back to the moment'. 'I am gaining strength from the inside out mentally, emotionally and physically. They are all equally important and I want to be at my peak for each one of them'.<sup>1</sup>

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<sup>1</sup> 'Layne splashes out', *Sun Herald*, 28/10/2001, Danny Weidler