



TOM NORTON

Break the Habit

Our editorial assistant tries hypnosis

Most of what I've heard about hypnosis borders on urban legend. But after friends told me I had to stop grinding my teeth when annoyed, stressed, or concentrating, I decided to test the party stories by finding a National Guild-certified hypnotist. The hypnotist said she helped clients break compulsive habits—like my teeth-grinding—and addictive ones, like smoking. So when she told me that a single hour-long session would probably break my habit, I made the \$100 commitment and booked

an appointment for the next day.

After reviewing the causes of my teeth-grinding, the hypnotist suggested a less destructive outlet for my stress, namely twitching my toes. Since my dental destruction was a “subconscious decision,” she would access my subconscious, make a few suggestions, and—voilà!—turn me from Pac-Man to Twinkle-Toes.

The hypnotist turned on some soothing music and asked me to lie back in a reclining chair. I then closed my eyes and, at her request, visualized myself on a beach, comfortable and at peace. My subconscious was ready to be addressed. Unfortunately, so was my need for sleep. My dreams about the Boston Red Sox were interrupted when I awoke to the hypnotist's continued suggestions to my teeth and toes. I also heard pages turning, as if she were reading from a book. Not encouraging.

Shortly after she told me to open my eyes, the session was complete and I forked over my payment. Up to that instant, hypnosis had seemed like a waste of time—but I haven't ground my teeth since. My friends believe I was hypnotized, but I think my subconscious just can't bear to spend \$100 without seeing results. Money makes people do strange things: could five twenties carry hypnotic power?

—*Topher Bordeau*

What office item can you not live without?

My tape dispenser. (Who besides me tapes things together anymore?)

—*Justin Cerilli, 23, consultant, Washington, D.C.*

My chair—it's hard to see anything on my desk when I'm sitting on the floor.

—*Sean Kammann, 24, engineer, Princeton, New Jersey*

Uniball GEL pens. The writing experience has never felt so soothing.

—*Elizabeth Shorts, 23, event planner, San Diego*

A radio. I need to have music playing while I'm working.

—*Bree Kousky, 23, account coordinator, Seal Beach, California*

one question

NOVEMBER 2000

Maintain Focus Day

19 Remember, your focus determines your reality. Are you searching for a job? Searching for an answer? Whatever your quest may be, stay focused.

Computer Security Day

30 Change your password. Check for viruses. Back up your data. Save yourself future headache and heart-break and take care of your little techno-buddy.

DECEMBER 2000

Reinvigorate Your Brain by Reading Something Day

3 As the days grow shorter, your brain begins to hibernate. So start reading and get your brain in gear. But remember, billboards and TV listings don't count.

Chaos Day

21 Amid your seemingly chaotic life, order does exist. Know that you are a part of that order. Your chaos is more structured than you might imagine, so embrace it.

JANUARY 2001

Strive & Succeed Day

13 You have a dream and the gumption to make it real. A raise? A new job? A new life? Get out there and achieve your goals.

Haru-No-Yaburi

16 This is the Japanese day of no work for the over-worked. Take off your shoes and cuddle up with a California roll and a bowl of miso soup.

—*Eric Hurlock*

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