



Mitchell B. Mays, D.C., C.H.t.

Dr. Mays is the **#1 International Best-Selling Author** of *MIND GATE, Demolish Fear, Overcome Anxiety and Create the Life You Want.*

He has been a licensed health care provider since 1978 earning his doctorate in Chiropractic Health Sciences. He is also a Certified Master Hypnotist and Hypnotherapist.

He has employed guided imagery and N.L.P. techniques for pain management since 1987 and as a hypnotherapist and chiropractor has unique insights into the mind-body model of health and healing. His warm and caring manner is reflected in his unique way of working with his

patients/clients to help them overcome and manage fears, phobias, anxiety and chronic pain syndromes. By “re-learning” a few simple and intuitive mind skills, his clients and seminar attendees have achieved self-mastery and empowerment in sports, business management, test taking/ exams, sales and personal development for relationship issues in the office as well as at home.

He has successfully helped professional athletes, salespeople, managers, musicians and many others achieve and even exceed their goals.

He enjoys speaking to groups about the benefits of hypnotherapy and self-hypnosis techniques. He explains how the mind works and what you can do to over-ride old programming that may no longer serve you or your best interests. He also conducts seminars and workshops based on the work from his book to other health care professionals so they can use these skills and implement them into their own practice— empowering themselves through self-mastery of the mind and becoming more effective at helping their patients get well and stay well naturally.

To contact Dr. Mays to speak to your business, club or organization:

Call 707-654-9940

Email Dr. Mays at Doc@DrMitchellMays.com

Dr. Mays can speak in twenty, thirty or sixty minute formats.

He and his wife Terri have offices in Lodi, California.