

MITCHELL B. MAYS, D.C., C.H.T.

OFFICIAL BIO

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

A licensed doctor of chiropractic since 1978 and Certified Master Hypnotist and Hypnotherapist with unique insights into the mind-body model of health and healing. Also known as The Anxiety Coach, his warm and caring manner is reflected in his unique way of working with his patients and clients to help them overcome and manage fears, phobias, anxiety and chronic pain syndromes.

Along with his wife Terri; also a health care practitioner and hypnotherapist, he leads his transformational Awake Empowered Workshops and The Awake Empowered Experience Retreats. He loves speaking to groups and organizations about what's possible when one awakens to who and what they really are.

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

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