



TESTIMONIALS FROM SUSAN EISNER'S HAVENING CLIENTS – And One from Susan!

"I was on the board of the Senior Umbrella Network Queens (SUNQ) networking group. SUNQ was in danger of closing down and needed new blood on the board. I no longer had the ability to put lots of energy into keeping it going – I did all I could do. And I had other priorities. But I was hysterical that SUNQ would close, and I felt angry, anxious and guilty. So I did an amazing Havening session with Susan – *and all those feelings went away!* I got clear about my needs and became okay with what whatever outcome would ensue. I felt peaceful and comfortable. It turned out SUNQ is functioning again. I took over as Co-Chair and have delegated all the work so that I am comfortable with my new role. And I can address my other priorities. Susan really helped me to feel so much better and sane about this – *in one session!* And little did she know that she'd be a driving force in helping to keep SUNQ alive!" **Caryn Isaacs, BCPA, Patient Advocate at www.Gethealthhelp.com**

"Over the summer, I had the privilege of having Susan Eisner conduct a Havening session with me. The intent was to help me deal with an upcoming medical procedure which I was very anxious about. Susan was very professional and caring. The session was calming and it accomplished what I had hoped for. Whenever I thought about the upcoming procedure, my prior anxiety was significantly lessened." **Donna B.**

"I did a Havening session with Susan, and although I was skeptical at first, I was impressed with the whole process. Susan thoroughly explained what I should expect during and after the session, and even checked up with me a few days later to see how I was doing. The session left me feeling in better control of the issue I was working on and enabled me to see it from sort of a "distance" vs. still being stuck in it. As human beings, we all have issues, and we need to work through them to continue living productive lives. I found the session to be quite valuable, and would highly recommend Susan, as she conducted it with the utmost professionalism and confidentiality." **Sandra Brennan, CEO & Founder, Senior Living Renaissance, LLC, Business Development & Marketing Strategy Consultant**

"I did a Havening session with Susan to help me deal with my **anger** and anxiety when driving my car. I'd get really nervous when near other drivers who were doing hazardous things and I'd yell at them a lot. Havening revealed this was a result of having been rear ended in several accidents in my life, and those traumas affected my driving. The Havening session was VERY interesting - like nothing I ever did before. It took only ONE session to help me with this. Afterwards a frequent passenger in my car told me, "I don't know what Susan did to you, but whatever it was it worked - you're completely different in the car now - much calmer and no anger!" The less than 2 hours I spent with Susan changed my life! I had immediate results. I'd highly recommend her!" **C. Russell**

"I loved the interactive element of the Havening session that helped me with self-reflection and clarity. I enjoyed the moving hands techniques [the Havening Touch] that transformed my approach to self-care almost immediately. I continue to have the initial impact on my personal and professional life which highlights the importance of reading myself, experience of inner peace and loving kindness to self and others. Thank you, Susan, for the one of a kind, long lasting experience that changed my life! I am a hospice nurse liaison who works with patients and their loved ones during stressful times in their lives." **Elena Y.**

"My husband likes to go out with friends after work. I like coming home. I got upset that my husband is out late. I began Havening and now I'm able to cope. Now he comes home to see what I'm doing!" **Sharon B., LMSW, NYCHHC**

"I've had a long-standing issue of not throwing out papers, some decades old and not needed. I had the classic fear "I might need it someday." Eventually they spread all over my home. So, I had a Havening session done on me. In the next weeks I began discarding much paper. And IMPORTANTLY, I could do it freely, without all my usual anxiety! I now know clearly that I DON'T NEED all that paper, *and it's okay to let it go.* And I've been doing it regularly ever since. That one Havening session had a HUGE impact on my life." **Susan Eisner, MPH, CASAC, Visionary Health Solutions**