

WHAT MY CLIENTS ARE SAYING

"I have suffered from self-doubt, low self-esteem, and a lack mentality all my life. Negative thoughts and emotions were my identity. The rREST therapy has assisted me in releasing my attachment to these emotions so I can go deeper into what is actually causing me the pain. After a session, I have a feeling of peace and clarity. Among other things, I worked on relationships and anxiety in the sessions. What I experienced after was a release of judgement of others and a willingness to take the responsibility for my own emotions. When I am not in a state of blaming others, I have awareness of my current emotions and moods. I did several rREST sessions with Yvette as I transitioned into a new job, and I have felt a tremendous decrease in my overall anxiety. By clearing out locked up emotions from the past, I create positive outcomes rather than constantly reliving the same negative emotion by reinventing new dramas that keep me stuck. When the weight of the suffering is lifted, I have an unbelievable amount of clarity which has helped me in creating positive new relationships with employees and my boss." -Carey

"After the healing RREST I felt much freer. I am now going through my healing process with more understanding." Victor

"Durante los pasados 6 meses he trabajado con Yvette para mejorar mis relaciones conmigo mismo, mis familiares y amigos. Hemos usado rREST para ayudarme a tener mejor control en mis reacciones a situaciones que antes me molestaban. En si, puedo sentir que puedo tomar mis propios buenos consejos. En adición, su guia me han ayudado percibir obstáculos en una manera positiva y expandir mi visión como emprendedor en el medio en el que trabajo, como productor de música." Gera

"In the last 6 months, I have been working with Yvette to improve my relationships with myself, my family and friends. We have been using rREST to help me have a better grasp on circumstances that used to bother me. Nowadays, I feel like I can take my own good advice. In addition, her guidance has helped me acknowledge obstacles in a positive way and expand my vision as an entrepreneur in the music production business." Gera

"Después de mis sesiones de rREST con Yvette, me siento capaz de decir lo que siento sin tener que reprimir mis emociones." Stefanie

"After my RREST sessions with Yvette I feel capable to express my feelings without suppressing them." Stefanie