

# MEDIA KIT

AUTHOR

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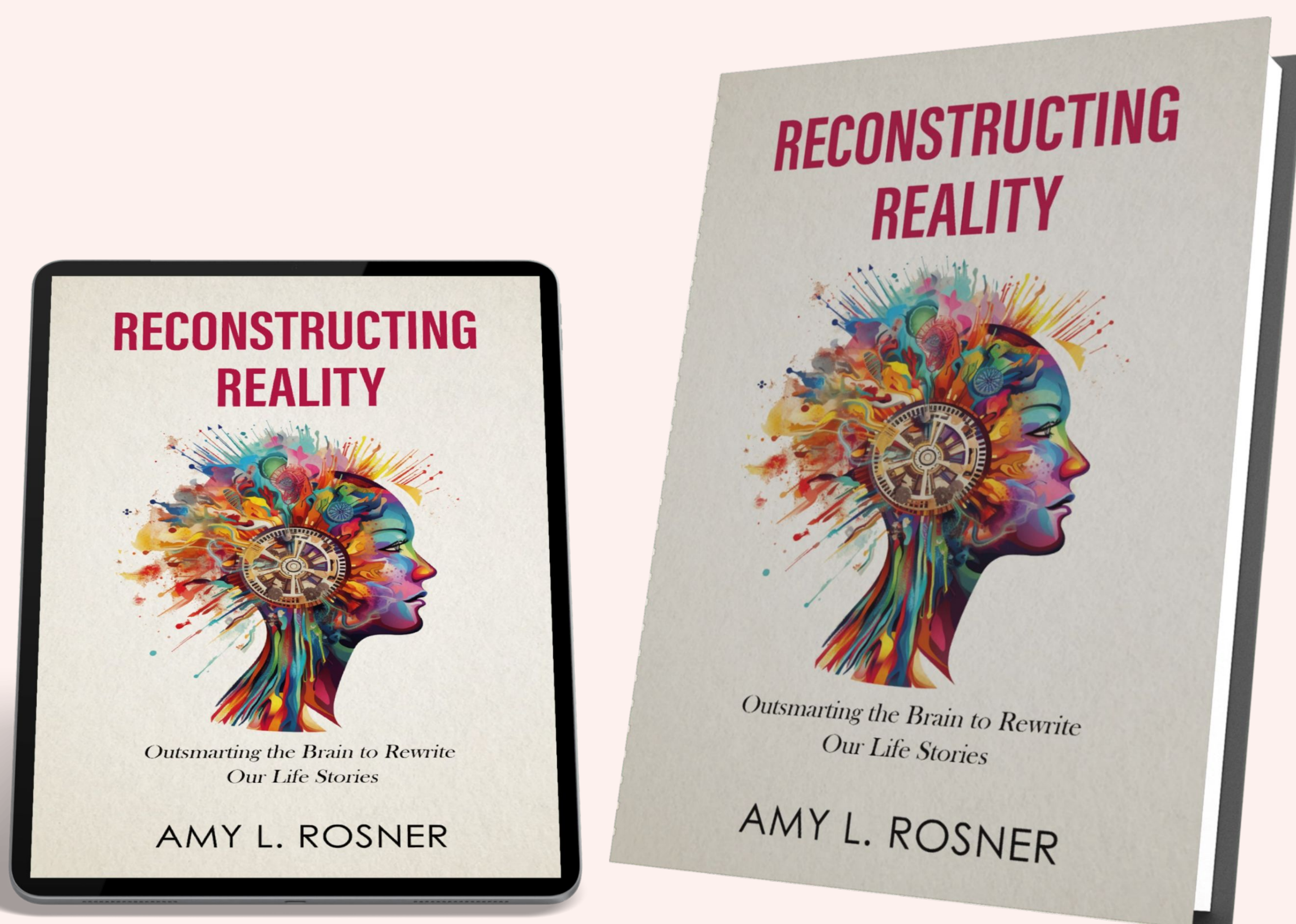
**AMY L.  
ROSNER**

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# ABOUT ME

**Amy Rosner** holds a Ph.D. in Experimental Psychology and spent fifteen years teaching college psychology classes and doing brain research, specializing in the evolution and neuroscience of visual attention and memory and developing unique classes in the psychology of art and creativity. She has published research in the peer-reviewed journals Behavioural Brain Research, Perception and Psychophysics, and Psychopharmacology and Experimental Therapeutics.

A certified Clinical Hypnotherapist and Master Hypnotic Coach, Amy is also certified in life coaching, health coaching and neurolinguistic programming. She helps people outsmart their brains, change their life stories and create new possibilities for success.



## BOOK

# RECONSTRUCTING REALITY

## MEDIA

### APPEARANCES/PODCASTS

- Bridging Divides Episode 3 and 29
- Entrepreneurs 'N Fuego Episode 59

In light of cutting-edge neuroscience research, this book corrects misconceptions about hypnotherapy and related unconsciously oriented techniques, and how they make structural brain changes by tapping into everyday neuroplasticity that is constantly modifying our reality. In this way, they help us rewrite our life stories and live our best lives – without the potentially negative side-effects of medication or the emotionally difficult and extensive conscious dialog of psychotherapy.

 <https://www.facebook.com/DrAmyRosner/>

 <https://www.linkedin.com/in/amyrosner/>

## TALK TOPICS

- How we can rewrite our life stories to release blocks to growth
- What is hypnosis and how can it help us?
- Quick and easy ways to hack your brain for success

## 5 THINGS YOU WILL LEARN FROM MY BOOK

- What hypnotherapy is (and is not)
- How the brain works
- How we are constantly reconstructing our memories and concepts
- We have more control over how we think feel and act than we think we do, and
- Our rational mind does a lot less than we think it is

## TARGET AUDIENCE

Adults who want to take more control of their brains to make changes naturally, without or in addition to medication or therapy.

## Embark on a journey of transformation with "Reconstructing Reality."

This groundbreaking book unveils the truths behind hypnotherapy and related techniques, shedding light on their ability to induce structural changes in the brain. Drawing on cutting-edge neuroscience research, the author dispels misconceptions and explores how these methods leverage everyday neuroplasticity to reshape our reality.

