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FOR IMMEDIATE RELEASE

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## **Southern California Hypnotherapist, Artist, Author, and Consultant Releases 4<sup>th</sup> Book.**

**Diamond Bar, CA – July 18, 2005** -- Certified Clinical Hypnotherapist and behavior expert Carl Allen Schoner has published his 4th book using Internet based on-line publishing services. His new book, “Dream Psycles – A New Awakening in Hypnosis,” motivates readers to conceptualize and then actualize great accomplishments in life by first “waking up!” and then taking control of subconscious patterns of behavior that have held them back in the past.

In his book Schoner promises to show readers how to harness their own “inner power” to make even their wildest dreams come true. He stresses that we are all essentially “hypnotized” all of the time, and he calls this hypnotic state our “Dreamscape.” He refers to all of the thoughts, behaviors, and emotions that constitute this dreamscape as “Dream Psycles,” and these psycles may be either positive or negative factors in our lives. His thesis is that dream psycles not only influence our thoughts, emotions, and behavior, but in most cases *they actually determine how successful a person will be in life*. Schoner argues quite eloquently that the only way to make big changes in one’s life is to *wake up and reshape one’s own dreamscape*.

Most people think hypnosis works through the induction of a kind of sleep state, a state in which suggestions are readily accepted and acted upon by the individual. Schoner’s contention is that hypnosis instead works by *waking the subject up from their sleep state*, so the subject may consciously decide what their goals and dreams in life ought to be, rather than allowing subconscious ideas and emotions to dictate those decisions for them. By learning how to wake up and manipulate these processes, the subject is able to construct a new, more positive “dreamscape.”

- More -

## **Southern California Hypnotherapist, Artist, Author, and Consultant Releases 4<sup>th</sup> Book (cont.)**

Schoner practices what he preaches, as this is the fourth book that Schoner has written and published in the last 2 years. In addition to being a hypnotherapist with a degree in behavioral science, Schoner is also a gifted artist and author, and his articles and cartoons have appeared in many prestigious publications such as Consulting Magazine, The California Law Student Journal, Chess Life Magazine, and The Saturday Evening Post. So it should come as no surprise that he has also published a 400 page phonebook-sized collection of his cartoons and sketches called “Carl Allen Schoner’s BIG Cartoon Sketchbook;” a zany collection of his favorite recipes and cartoons titled “Carl Allen Schoner’s Cartoon Cookbook Sampler,” and a book of philosophical thoughts collected from his teenage diaries. Besides making “Dream Psycles available in traditional perfect bound 6x9 format, he also self-publishes it as a PDF file on CD along with 1 ½ hours of companion audio tracks. He is currently working on a 5<sup>th</sup> book, but he has chosen to remain mum on its subject or theme at this time.

Schoner’s work may be previewed or purchased directly from his Internet Publishers at [www.lulu.com/carl-schoner](http://www.lulu.com/carl-schoner) and [www.trafford.com/robots/04-0177](http://www.trafford.com/robots/04-0177), or directly from his personal site at [www.geocities.com/dreampsycles](http://www.geocities.com/dreampsycles). Interested parties can also simply do a Google or Yahoo search for “Carl Allen Schoner” for more information.

Some of Schoner’s personal hobbies include astronomy, philosophy, solving logic puzzles, cooking, shopping for bargains at flea markets and street fairs, Asian cultural and language studies, and singing Chinese (Mandarin) karaoke. In the future, he would like to live an active retirement in the community of Scottsdale, Arizona.

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