

To Whom It May Concern:

I am writing this letter of recommendation for Tony Longobardi, a certified hypnotist with the National Guild of Hypnotists, who I had the pleasure of interacting with for a six-week course in Chester County on self hypnosis. Mr. Longobardi spent approximately 2 to 2½ hour sessions with us for six weeks teaching myself and others in the class how to use the techniques of self hypnosis, both for ourselves for relaxation and to reach a specific goal, as well as to teach it to others. During my interaction with him, it was clear that he has a fair amount of experience working with patients and groups in teaching them self hypnosis. Self hypnosis can be used certainly for stress reduction and relaxation but also to accomplish a particular goal, such as smoking cessation, decreased anxiety, etc. Mr. Longobardi was able to show us how to accomplish these goals efficiently and effectively during his six-week course with us. He was patient, kind, and above all, professional in his interactions with his students. He has had positive success with many patients in his practice and because of his expertise. I will certainly be referring patients to him for consultation in the future.

If you have any questions about my interaction and experience with Mr. Longobardi, please do not hesitate to contact my office at 610-988-8630.

With highest regards,

Mary K Brigandi  
Faculty Associate, The Reading Hospital and Medical Center

Dear Tony.

I want to take this moment to write you a letter of admiration and recognition of your outstanding way of educating others into this age-old way to relax and take control of one's life. You are a Master.

I have studied and researched many forms of esoteric sciences/arts. I have had the pleasure of sitting in many classes all over the country, as well as the joy of being mentored by people I will forever hold as heroes and guides. This multifaceted arena led me to receive a BA in metaphysical science. Some day I will re-enter with more time and direction.

You are that type of person that I will gladly add to the unique teachers. You have a natural ability to reach out to others with an idea, concept and make it easy to understand and practice.

I want to thank you sincerely for being who you are and sharing your knowledge and strong focus on what can be for others. You are very patient and it has been very easy to open up for everyone to whatever issue(s) are a challenge.

It is also refreshing to find a person who is so very good at something and does not sit in the lap of ego!

It has been my pleasure to be in your class and meet you. I look forward to reaching out to you in the future with questions and I am quite sure, receiving answers!

Warmest regards,  
Kas Sobey

In response to your query as to how the class is going for us, please know that on my part there is nothing that needs to be changed in the way you are presenting the hypnosis material. You are excellent at teaching hypnosis and your methods help those of us who feel awkward about being so open regarding feelings to handle it with grace.

The hypnosis has benefitted me from the first night of class in many ways. The first was making the "discomfort" of a procedure feel like only an echo with no pain present.

The last week we did the self-hypnosis before the group, I put a positive suggestion in there for myself to eat healthy. When I get home from class or from my second job at night, there is a tendency for me to eat sweets – candy – ice cream – soda – cookies... and it's a habit I have been trying unsuccessfully to break for my whole life to be honest about it. Well, after giving myself the healthy food suggestion, I went home after class, looked at the goodies around and did not have the least desire for any of it – M&M's, ice cream or home made chocolate chip cookies (YUM!!). I ate a couple of pretzel sticks and that was it. The next day, there was a baby shower at work and there were many people there and so they all brought their best food items – 99.9% sweets of course along with a big cake! Right before I went to the shower, I went into the ladies' room and did the self hypnosis with the suggestion that I wouldn't be able to see the sweets and it was unbelievable to me what happened. I went into the room, looked at the array of wonderful treats and it was like all the goodies were in a "fog". My eyes and attention went directly - and only – to a plate of black olives, celery and baby carrots and I made myself a plate of just those items. Wow, am I impressed with self-hypnosis. Now, as long as I do self hypnosis once or twice a day I have no desire for anything sweet.

This class is changing my life in many ways. Thank you.

PS - my husband is listening to the CD and it is helping him to relax (me too!)

Jill Chendorain