

## **For Immediate Release**

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**Author: Gloria Drewitz**

**Title: *Restora Hypnosis: A Faith-Based Journey for Spiritual Wholeness***

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**Price:**

New York, NY— Gloria Drewitz, Entrepreneur, Self-Improvement Consultant, and Hypnosis expert, explores the spiritual dimension of wellness in her new book: ***Restora Hypnosis: A Faith-Based Journey for Spiritual Wholeness***. The book is a self-guided journey that combines hypnosis tools, such as meditations, affirmations, and creative visualizations, to guide readers on a spiritual voyage supported by timeless wisdom. The book's spiritual self-care mission is especially relevant today when people are trying to adjust to unprecedented uncertainty and change. The simple inner healing process focuses on restoring respect, restoring identity, restoring purpose, restoring self-worth, restoring momentum, restoring hope, and restoring joy.

Ms. Drewitz has helped countless people rise above past failures and accomplish outstanding personal achievements by increasing their belief in themselves by using hypnosis. This ultimate self-empowerment book helps seekers find the way to align with divine truth and find deeper meaning in their life. The journey is built on seven pillars that will help readers build a spiritual foundation and step into a better future. Her book is the first in a series of self-help books for people that want to grow, change, and challenge themselves to a new level.

Restora Hypnosis is a socially aware company that has created programs for people who are vulnerable, especially to burnout. Her clients include corporate executives, athletes, healthcare workers, counselors, and non for profits. The programs teach tools and coping strategies for dealing with stress. Drewitz has found that having a solid spiritual foundation is essential to maintaining emotional well-being and accessing peak performance.

As a companion to the book, she will be offering downloadable resources for book clubs to create their own self-awareness, discussion, and journaling groups. Restora Hypnosis will also be launching "Do It Yourself" Success & Self-Improvement programs that are effective, convenient, and at a fraction of the cost of one on one consulting sessions.

Ms. Drewitz graduated from Stony Brook University, Phi Beta Kappa. She is Board Certified by the National Guild of Hypnotists and a faculty member at their annual educational conference. She is also an Interfaith Chaplain. You may find out more about the author, who is available for interview, at <https://restorahypnosis.com/>.