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BRAVE BEAUTY

## Eva Mendes Overcomes Fear Through Hypnosis

*I do not know exactly what they did not me, but it definitely helped. Now when I see a spider, it does not bother me at all, says Eva.*

Hollywood actress Eva Mendes revealed to the media that since childhood she has had a panic fear of spiders, but that she has bravely overcome it.

“Ever since I was a little girl I had this problem. When I would see a spider, some sort of psychological blockade would activate, and my reactions were indescribable fear and I would go crazy. I would call somebody to kill it, and after that I would have to see the dead spider in order to believe that it was no longer there” - said Eva.

When I would see a spider at night, and I could not call anybody to kill it, I could not sleep all night. In those situations, I was psychologically lost, she added.

Fear of spiders is called arachnophobia, and Eva decided to get rid of the problem with hypnosis therapy.

“You lay down, relax, and then go through a few different kinds of relaxation. When you finish, you have the feeling that the whole process took three minutes, but in reality it lasted an hour. I do not know what they did to me, but it definitely helped. Now when I see a spider, it does not bother me at all. My life is a lot easier” - said Eva after spending many hours under hypnosis.

