

**MV**

**Dr. Lonsberry has helped me in more ways than I can count, but one specific affliction worth mentioning (for its lack of a known cure!) is for Chronic Blushing. Through learning how to regulate my brain activity, I have overcome my personal problem of chronic blushing. It has enabled me to identify when I'm going to experience Chronic Blushing episodes and to quickly overcome them by moving to a calm place mentally. Dr. Lonsberry transforms lives by working the problem(s) from the inside out. Rather than write a prescription and send you on your way, she works with you to identify the actual thought/brain patterns that your problems stem from and she helps you train your brain to identify and avoid these negative thought patterns. I compare this therapy to overcoming addiction- one cannot easily overcome addiction without a fundamental change in lifestyle and the way they think or view things. Similarly, I think in order to be receptive to this treatment and reach one's full potential, it is crucial to be willing to change completely. Trust that if you habituate yourself to remembering and practicing the techniques you learn (focused breathing, allowing yourself to be calm and in the moment), you will become who you want to be. I could go on and on about how pleased I am to have met Lora Lonsberry and what a positive asset her sessions have proven to be in my life. I would recommend her to anyone.**