

# Roberta Temes, PhD

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Roberta Temes, Ph.D., delivers a genuine warmth and passion to everything she does. “Dr. Roberta,” as she is known throughout the world, brings a wealth of experience to The Hypnosis Network. Author of *The Complete Idiot's Guide to Hypnosis*, Dr. Roberta has the unique ability to communicate the complexities of hypnosis in a way that is easily understandable as well as highly effective.

Dr. Roberta has helped thousands of people resolve sleep and weight-loss issues through education and hypnotic suggestion. She has worked with some of the world's most prestigious sleep labs and weight-loss professionals to ensure that her work is always on the cutting edge. She currently lectures at medical schools, graduate programs, and health spas around the world.

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For more information on Roberta Temes, PhD, please visit her website: <http://www.drroberta.com/>