



media kit

DEBBIE PAPADAKIS, RP, CHt



The Rel♥tationship CODE

*Featured in
Oprah's Magazine &
O's Big Book of
Happiness*



Heal Your Wounded Heart

THE BOOK

DESCRIPTION

Do you have a strong, healthy and loving relationship in your life? Or, are you in a toxic relationship? Are you on the verge of a breakup? Do you suffer from difficult relationships, recurring patterns in relationships, or other challenges in how you relate to others?

Relationships are a vital piece of the human experience. Yet, for many of us, it is the most difficult part of our lives. The good news is unhealthy relationships CAN be healed and transformed. *The Relationship Code*, a new, ground-breaking book by Registered Psychotherapist, industry-leading Clinical Hypnotherapist, and Relationship Coach, Debbie Papadakis, shows us exactly how to do this.

The Relationship Code is essential reading for anyone having trouble creating healthy relationships in their lives. Anyone who has ever interacted with another human on planet Earth will benefit from this book. In this book, you will learn that to create a foundation of healthy relationships with others, it is essential to have a loving and healthy relationship with yourself.

How do you create a great relationship with yourself? Cultivating a great relationship with yourself means looking at the relationship with your thoughts, your feelings, your emotions, your beliefs, your values and the outcome of your life. In most cases, this is the result of your childhood experiences—the messages you received as a child, the models you imitated, the situations you witnessed, the cultural norms, family dynamics, and so on. All that you have seen, felt, sensed, experienced and perceived since birth has helped create the person you have become, the success or failures you have experienced, and especially the great or horrible relationships you have created.

Through *The Relationship Code*, you will start to see how the messages you received as a child, the role models you imitated, the situations you may have witnessed, and all you have perceived along the way have affected your life and who you have become—including the wonderful or terrible relationships you have created.

This book takes you on a comprehensive journey of

understanding your childhood, the beliefs you took on, and how these affect your relationships today. You will also understand the dynamics of relationships and learn a simple—yet powerful—system that assists in the reprogramming and transformation of your relationships by clearing the blocks in the way.

LEARN HOW...

You can finally break the cycle of unhealthy relationships and create ones that thrive!

You will see the power of *The Relationship Code* and how it will help you release the childhood traumas, negative emotions and limiting beliefs that have been hindering you from succeeding in your relationships.

This is a powerful system to:

- Learn how your childhood experiences directly impact your present relationships.
- Cultivate a strong relationship with yourself.
- Energetically free yourself from past destructive relationships.
- Release childhood traumas, negative emotions and limiting beliefs.
- Clear cellular memory and break multigenerational patterns.
- Transform negative imprints and emotions into positive ones.
- Forgive and experience personal transformation.
- Overcome obstacles created by painful experiences.
- Create the relationships you desire by using the power of your mind.

THE BOOK

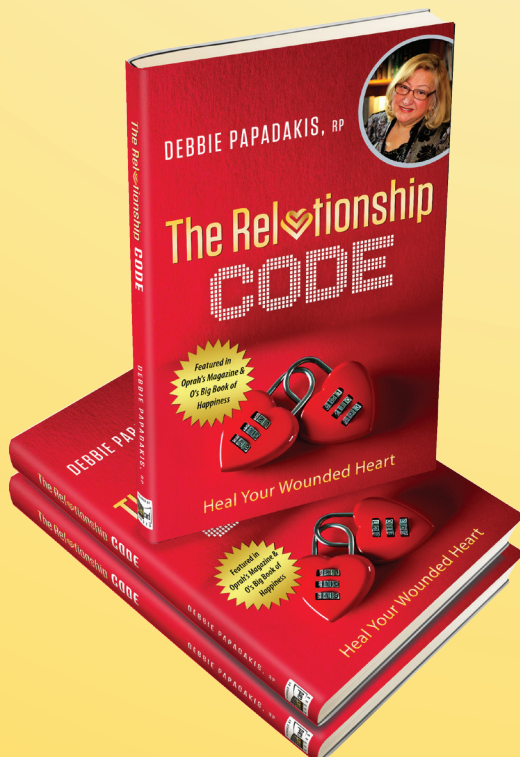
UNCOVER IN THESE PAGES...

Who you are and what your strengths and weaknesses are.

- Rediscover your first love—YOU!
- Understand the root cause of your relationship issues.
- Witness how easy it is to break patterns and clear beliefs.
- Recognize what a healthy relationship looks like.
- Change your relationship with money.
- Be empowered to take action and make changes!

“The people we are in a relationship with are always a mirror, reflecting our own beliefs, and simultaneously we are mirrors, reflecting their beliefs. So...relationship is one of the most powerful tools for growth... If we look honestly at our relationships, we can see so much about how we have created them.”

—Shakti Gawain



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THE AUTHOR

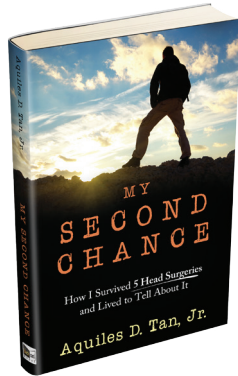
Debbie Papadakis is a Registered Psychotherapist, Clinical Hypnotherapist, certified instructor of hypnosis (CI), relationship coach, speaker, author, and founding director of Hypno Healing Institute in Toronto, Canada where she assists people to spark their fearless self in order to regain their birthright power, achieve their full potential, and create the life they desire.

Originally from a little village in Greece, Debbie has grown to become an industry leader with over 25 years of experience in her field. Throughout that time, Debbie has remained dedicated to providing top-of-the-line service always with her unique, creative, progressive style. Debbie has been featured in Oprah's *O* magazine, *O's Big Book of Happiness*, *National Post*, *Toronto Star*, *Elle Canada*, *Soul & Spirit Magazine*, *Zoomer Magazine*, *Vitality Magazine*, *Oprah.com*, *CNN.com*, *W Network's Remedy Me!*, *Slice TV's Newlywed Nearly Dead*, *Citytv Breakfast Television*, *CityNews*, *ACE Magazine*, *VisionTV*, *Positive Living*, as well as other print media, and on many other television and radio shows.

Trained in hypnotherapy and psychotherapy by the top teachers around the world, Debbie continues to train others in the field of hypnosis. Best known for her transformational work with relationships, Debbie developed and teaches a specialized course called *The Relationship Code*, which focuses on aligning, transforming and healing relationships.

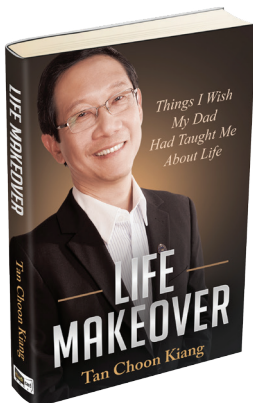
Debbie is also highly skilled at working on sleep issues and helping people clear blockages in any area of their lives. At the Hypno Healing Institute, Debbie offers professional courses in hypnosis and hypnotherapy. Through her private practice, Debbie uses unique, creative techniques to help individuals with physical, emotional and spiritual issues to cleanse their cellular memory by letting go of childhood traumas, negative emotions, and limiting beliefs. As a result, Debbie has helped thousands of people achieve their dreams and live healthy, fulfilling lives.





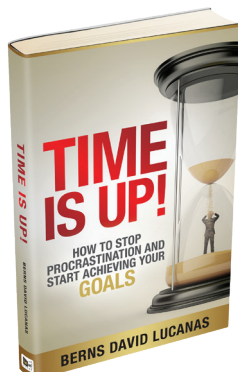
“Extraordinary... sheds light on why we experience problems in our relationships... an astounding and powerful read... a true tour de force.”

—**Aquiles D. Tan, Jr.**, author of *My Second Chance*



“This is the most powerful, persuasive, and practical book on healing your wounded relationships. It is full of ideas, insights, and strategies that will change your life forever!”

—**Tan Choon Kiang**, author of *Life Makeover*

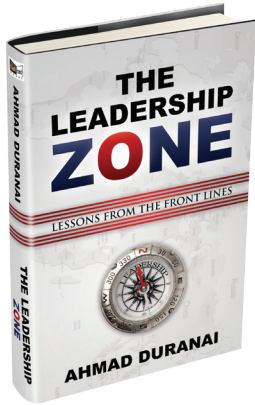


“Debbie Papadakis has written an eloquent companion to everyday relationships. Her book contains a plethora of life-changing philosophies that simply cannot be found elsewhere.”

—**Bernadeth David Lucanas**, author of *Time Is Up!*

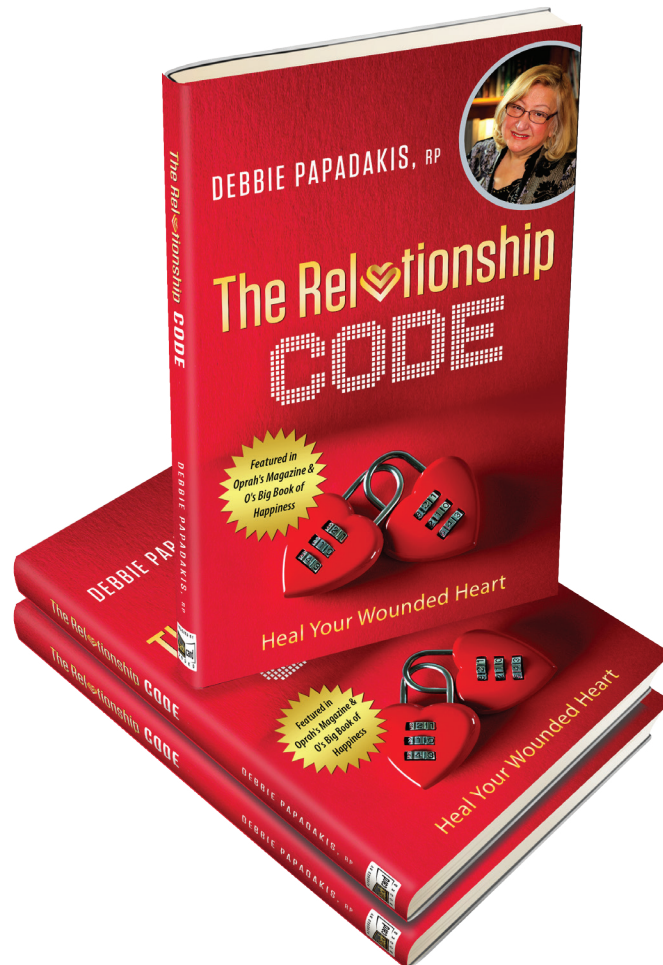
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“Never has a single book had so much to offer the world? Relationships are a vital, if not the most vital, aspect of our lives and this revolutionary work provides the world with the substance it needs.”

—Ahmad Duranai, author of *The Leadership Zone*

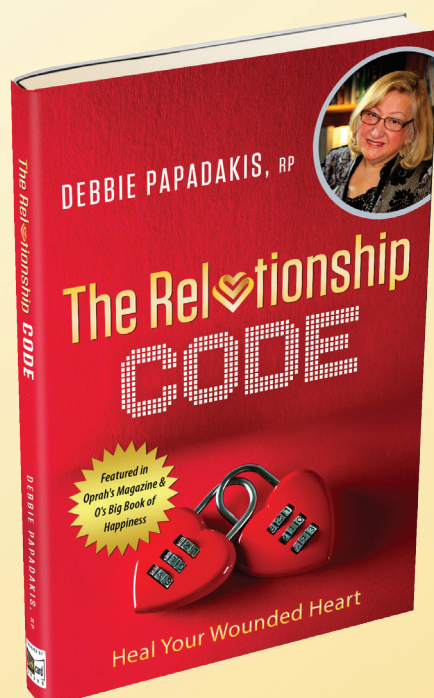


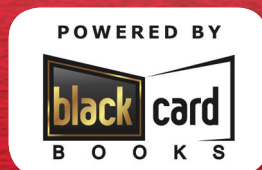
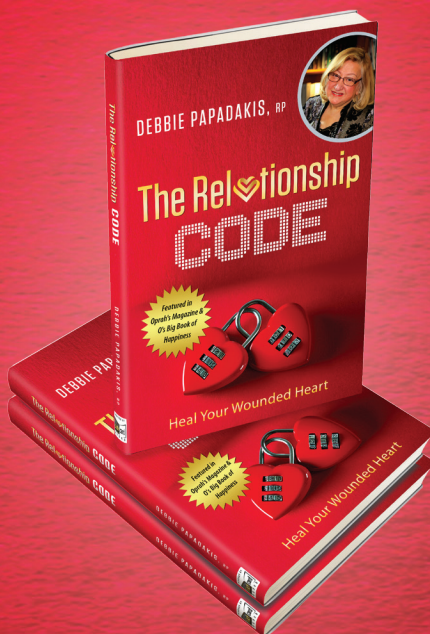
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