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What the Participants Say: Noted Graduates speak about the Hoffman Quadrinity Process

"The absolute Rolls Royce of self-help workshops."

*Victoria Clarke,
Sunday Independent, Ireland*

Independent.ie 

"The Hoffman Process has the power to free you to re-evaluate your life. I would say it's the equivalent to about a year's good weekly psychotherapy."

Derek Draper, Daily Mail

"One of the finest tools for transformation I have come across."

Malcolm Stern, author and psychotherapist

"It's not what I add, but what I subtract from my life that's important. I left a lot of emotional baggage behind me at Hoffman.....I hate to admit it but I think I've finally grown up."

Elaine Kingett, Woman and Home

woman&home

"The Hoffman Process is the equivalent of a psychological detox. This kind of inner work is essential for true health and happiness."

Patrick Holford, author, Optimum Nutrition Bible

'The effect of the Hoffman Process on me was to leave me energised and fizzing with ideas, lovely creative ideas which would take me off in new directions and turn my life from monochrome to Technicolor. Without the impetus and clarity provided by the Hoffman Process I wouldn't have found the focus and energy to move at all. I would still be living in the shell of a former life....now I am beginning to feel more like the person I once wanted to be.'

Lesley Garner Article, Easy Living

EASYLIVING

"After Hoffman I completely understood what it was like to feel comfortable in my own skin. It's an extremely dynamic, energetic, highly charged and dramatic eight days."

Amy Jenkins, The Times

"The Hoffman people are the best facilitators that I have ever come across in 10 years or more of doing groups and workshops....I started waking up feeling enthusiastic about life in a totally new way."

Victoria Clarke, Sunday Independent

"The Hoffman Process helped me address the self-worth issues that could move me forward."

Rose Rouse, The Observer

TheObserver

"I have no doubt that the Hoffman Process was my salvation."

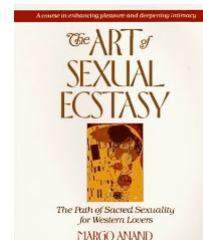
Ruthie Henshall, Actress

"This program enables executives and entrepreneurs to overcome the inevitable life patterns that stifle creativity and thwart business success. The Process more than improved my life, it literally changed it."

Michael Ray, Ph.D., Professor of Creativity and Innovation, Graduate School of Business, Stanford University, Author Creativity in Business and The Creative Spirit

"The Process can truly help individuals and couples to "clean up the past" and create "fresh beginnings" in their love life and intimate relationships. It changed my life."

Margo Anand, Internationally known teacher and author of The Art of Sexual Ecstasy



"Through the Hoffman Quadrinity Process I've become the parent I always wanted to be."

Timothy Smith, M.D.

"I experienced a sense of wholeness that, even three years later, I remember as a benchmark for how my life can be at its best."

Derek Draper, Daily Mail

"The Hoffman Quadrinity Process is a powerful and effective tool for change."

Edgar D Mitchell Apollo 14 Astronaut (sixth man to walk on the moon), Founder, Institute for Noetic Sciences



"This was an experience more profoundly healing than I imagined possible."

Susan Griffin, M.A. Poet, leading feminist thinker and author Woman and Nature, The Roaring Inside Her.

"I thought I was in touch with my spiritual self because I was a nun, but I really wasn't until I did this work. The Process helped me to renovate my inner sanctuary, open to the spirit and be more loving in my ministry."

Sister Ann Moriarty, O.P., Dominican Order, 38 years

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Hoffman Institute UK

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