BEACH BUZZ

Hypnotist says he can help you keep your resolutions

Along with the New Year comes many lists of resolutions. “I don’t believe in New Year’s resolutions because most goals are unrealistic. People lack an effective strategy and that’s why they fail,” says Todd Goodman, a Miami Beach-based board certified hypnotist.

Goodman, 43, opened The Miami Hypnosis Center in 2007 “to empower people to live a healthier and more fulfilling life.” Today, the center has six hypnotists at two locations, 1000 16th Street in South Beach and 86 Miracle Mile, Suite 2, in Coral Gables.

“We must change the underlying beliefs that are producing these unhelpful emotions or behaviors because those unresolved issues can interfere with achieving health and happiness,” Goodman says.

Clients seek help for a wide variety of reasons including stress and anxiety, emotional trauma, self-confidence, addictions and bad habits (like smoking or overeating) or to counter including claustrophobia, flying or public speaking, he says.

According to Goodman, “Hypnosis allows people to eliminate the internal resistance to change that often makes them stuck.”

In lieu of resolutions (and to help kick off 2016 right), he suggests the following:

- Set goals that are realistic and specific.
- Identify compelling reasons that inspire you to take action.
- Break down the goal into small, achievable steps.
- Address and resolve emotional obstacles.
- Persevere despite setbacks.
- Celebrate every bit of progress along the way.

To learn more, call 786-522-6164 or visit www.mi amihyponoicenter.com.

A WEEK OF YOUNGARTS
Miami-based National YoungArts Foundation kicks off its 35th year with its annual YoungArts Week, January 8-10.

The signature week includes performances, master classes and exhibitions designed to showcase the talents of approximately 170 finalists (ages 15-18), selected from over 12,000 applications (a record number) in 10 artistic disciplines.

Of the finalists from around the nation, 17 are students from the Miami area, with three selected as winners in two categories: Design & Architecture Senior High (DASH); Stephanie Agnus, visual arts; and Hanna Ali, visual arts; Daweed Baptiste (visual arts & photography); Juan Cardona (visual arts); Diana Ensebio (design arts); Justine Garcia (visual arts); Alexis Lehrman (design arts); Cassidy Little (visual arts); Cornelius Tullio (visual arts & design arts); Nadia Wolff (visual arts & design arts); New World School of the Arts; Leonardo Baca (visual arts); Giselle Deltran (visual arts); Andrew Hicks II (voice); Katerina McCrimmon (theater); and Khandis Merritt (theater). Of other Miami finalists include Glenn Spinosa (visual arts) of G.H. Holmes Braddock High School and William Gordon (writing) of Miami Norland Senior High.

YoungArts finalists participate in master classes in their respective fields, public performances, receive cash awards from $1,000 to $10,000 and are eligible for nomination to the U.S. Presidential Scholars Program. YoungArts performances range from music and dance to theater and film — are Monday through Thursday night, Jan. 4-7, at the New World Center, 500 17th St., Miami Beach. Tickets are $15.

On Friday and Saturday, Jan. 8 and 9, events move to the YoungArts Campus, 2100 Biscayne Blvd. in Miami. Friday night features writer’s readings at 6:30 p.m. and an art, design and photography exhibition at 7:30 p.m. (free and open to the public).

On Saturday night, the 35th annual Backyard Ball at 6:30 p.m. will honor Rosie Perez, Robert Wilson and Tony Yazbeck. There will be dinner, dancing and vignettes by YoungArts alumni including Desmond Richardson, Dave Eggar and India Carney. Event co-chairs are Tracey & Bruce Bertoluzzo and Margarita & Armando Codina. Tickets are $1,000 each.

For tickets and a complete schedule of performances, visit www.YoungArts.org.

BEACH BUZZ ANNIVERSARY

This week marks the beginning of the 17th year of Beach Buzz. I came up with the idea for the column in 1999 during lunch with neighbors then-editor Jon O’Neill. As a long-time Beach resident, I felt readers would enjoy learning about interesting businesses, people and events in and around Miami Beach. Most importantly, the column would have a positive focus. Jon loved the idea, but who would be the writer? Half-jokingly, I said, “I would. My background is in copy/ganrt writing, college essay editing and event planning, so I was qualified.” Jon said, “OK, but what would you write about?” I figured I’d find quality material by staying involved in the community and connecting with people who were doing good things for the right reasons.

I wrote one “test column” within a week, I was officially a columnist. How quickly the years have flown by, and how many interesting topics I have had the opportunity to write about. It remains particularly rewarding when people reach out to say they enjoy reading Beach Buzz; it touches their hearts and helps to promote good causes, which remains my mission. And so, I will keep writing and hope that readers will continue to respond positively.

Beach Buzz appears every other Sunday, and focuses on people and businesses throughout the Beaches, Aventura and Miami. To reach Debra K. Leibowitz, call 305-631-7887 or email beachbuzz@atnet.net, or become a fan of her Beach Buzz page on Facebook.