

# Felix Economakis

## BIOGRAPHY



**Felix Economakis** is a highly experienced chartered psychologist, clinical hypnotherapist and master NLP practitioner. He is known to *BBC3* viewers as the psychologist on *The Panic Room* and *Freaky Eaters*, where he used hypnotherapy and more traditional psychological approaches to cure people of their phobias and food problems.

**Felix** graduated as a Chartered Counselling Psychologist in 2002 whilst concurrently training in clinical hypnosis and Neurolinguistic Programming. His particular interest is in researching and integrating the many different therapeutic approaches he has trained in to produce rapid and powerful interventions, and as such he has successfully treated hundreds of clients who have not benefited from previous conventional therapies.

**Felix** worked in the NHS for over six years, and now has his own full-time private practice as director of The Heath Therapies in London.

**Felix** regularly appears on TV and radio to offer his expert opinion. His most recent work has been on *Britain's Biggest Hoarders* for BBC1, *Squeamish* for Nat Geo, *BBC Breakfast*, *The Alan Titchmarsh Show*, *Blue Peter*, *Sky*, *Newsnight*, and *BBC London* radio as well as offerings in numerous publications such as *OK!*, *The Sun* and *Huffington Post*.

His first book *Take Charge of Your Life With NLP* was published by Vermilion in 2011, and the latest book, *Harden Up!: How to be Resilient, Stop Taking Things Personally and Get What You Want in Life*, was published on 1<sup>st</sup> May 2013 by New Holland.

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To make any enquiries please email us: [mail@limelightmanagement.com](mailto:mail@limelightmanagement.com)

Limelight Celebrity Management Ltd

10 Filmer Mews, 75 Filmer Road, London SW6 7JF Telephone: +44(0)20 7384 9950 Fax: +44(0)20 7384 9955  
Email: [mail@limelightmanagement.com](mailto:mail@limelightmanagement.com) Website: [www.limelightmanagement.com](http://www.limelightmanagement.com)

Registered Address: Lynwood House, 373-375 Station Road, Harrow, Middx HA1 2AW Registered in England No: 7050137  
VAT Reg No: 649 2735 07