

Croatian Hypnotherapist Challenges the Self-Help Industry in Upcoming English Release

“Stop Fixing Yourself” by Timoteo Crnković, a bestseller in Croatia where it sold out before printing, arrives on Amazon in September 2026.

PRESTANI RADITI NA SEBI!

Zašto tvoj trud samo hrani strahove
i kako se osloboditi anksioznosti bez borbe?



TIMOTEO CRNKOVIĆ

Daruvarski Brestovac, Bjelovar-Bilogora May 21, 2026 ([IssueWire.com](https://www.IssueWire.com)) - *Stop Fixing Yourself*, a book by Croatian hypnotherapist Timoteo Crnković that challenges the foundations of the modern self-help industry, will launch on Amazon in September 2026. The original Croatian edition sold out in presale before going to print and currently sits in distribution through the country's largest bookstore chains.

Crnković argues that the self-help industry has trained people to study their problems rather than leave them behind. Readers who spend years working on themselves often end up more fluent in their own dysfunction. The industry teaches observation. Exit is a different skill.

The book addresses depression and anxiety from the perspective of clinical practice rather than theory, drawing on more than ten years of Crnković's work with clients who arrived after exhausting conventional self-help routes. His position is that the standard advice given to people struggling with these conditions often deepens the pattern instead of resolving it, while many readers are now searching for approaches to [anxiety without medication](#).

"People come to me after years of working on themselves. They've read everything, they recognize every pattern in themselves, and they are still in the exact same place. The industry taught them how to observe the problem. Stepping out of it is a different job", says Crnković.

The book has been developed for English-speaking readers in collaboration with editor Zacharie Wright, who called it the best self-help book without tools that he had read. Wright contributed developmental editing and structural work on the manuscript over the past year.

Crnković practices advanced Ericksonian hypnotherapy in Zagreb and works with clients across Europe. He is one of the few therapists in the region trained directly within the lineage of Milton H. Erickson through Dr. Rob McNeilly and Dr. Jeffrey Zeig. *Stop Fixing Yourself* condenses fifteen chapters of clinical observation and cultural critique.

About the Author

Timoteo Crnković is a Zagreb-based Ericksonian hypnotherapist and founder of the Rapid Mental Reset™ program. *Stop Fixing Yourself* is his first book translated into English.

Media Contact

Mental Reset d.o.o.

*****@mentalreset.hr

+385 95 575 5000

Daruvarska 43, 43000 Ždralovi, Hrvatska

<https://prestaniraditinasebi.com/>

Source : Mental Reset d.o.o.

[See on IssueWire](#)

