

HOW CAN THIS HELP ME?

Hypnotherapy can heal a large variety of conditions and issues in your life, from:

- anxiety -PTSD
- past trauma -fears/phobias
- motivation -stress
- insomnia -alcohol moderation,
- smoking cessation -pain management
- past life regression.

(These are just a few of the things I treat, all other treatments can be found on my home page linked on this site).

I understand a lot of people are very private or may be embarrassed about what they're dealing with. However this isn't an issue with hypnotherapy as I don't necessarily need to know the specific details of your problem so long as you can bring to mind what it is during our sessions.

Another concern you may be having is "how will someone hypnotising me with a pocket watch dangling in front of my face, cure me from such difficult things I've struggled with for as long as i can remember?"

Well I'm here to tell you to instantly destroy those pre-built assumptions you've created about hypnotherapy, as it is not the case of dangling pocket watches and controlling your mind.

What it's actually like is a deep, therapeutic relaxation while you remain fully in control and aware. It's the same feeling as reading a captivating book, aware yet immersed in the book.

Whilst in this 'trance,' I will guide you through a process of transforming and re-sculpting the negative perceptions your mind has mistakenly created.

With my help all of your hardships or traumas will be no more!

Together, we will turn these burdens into gifts that enrich your life, gifts that you will cherish for the rest of your life!

Click the link below to be guided to my home page where you can learn more about my treatments and what I do.

Or click the other button to book your FREE discovery call!

BOOK YOUR FREE DISCOVERY CALL

You still may be quite sceptical about hypnotherapy as I have come along and promised all these great things.

It's perfectly natural to feel a bit unsure.

I'm here not just to offer help, but to understand and support you. I respect the courage it takes to seek help, and I'm committed to being there with you, every step of the way.

You may have tried other conventional practices that have left you still searching for answers or maybe you haven't. Either way isn't it worth exploring the path that could lead to the peace you deserve?

Why not see for yourself how hypnotherapy can gently lift that weight off your shoulders?

Luckily for YOU, I am offering a FREE discovery call where you will be able to experience first hand, the capabilities and effectiveness of hypnotherapy,

RISK FREE and COST FREE.

The sessions last usually around 20-30 minutes, and it might be the breath of fresh air you've been longing for.

EMBARK ON A JOURNEY

START YOUR JOURNEY

Start your journey towards self discovery and relief.

With my care and guidance you can set yourself free from hardships and turmoil.

You can click the link below to sign up for your free discovery call or you can click the link to my page to learn more about what you can achieve.

Imagine a life where you wake up feeling rejuvenated, where your mind is as peaceful as a quiet lake at dawn.

Start your journey today and say goodbye forever to your mental battles and be at home in your own mind.