

What Would Make 2018 Amazing For You?



Did you know that 80% of New Year's resolutions fail? You probably assumed the number. I know how it is. The champagne pops. Everyone is celebrating the arrival of the New Year. There is a euphoria in the air. You vow that this year you'll pursue your passion, quit smoking or lose that extra body fat.

In January you make some serious changes. You hit the gym or start to speak with people about your new project. Then February comes, and you find yourself losing fuel. In March there is only a sense of regret and melancholy at what is left behind those resolutions. It's one of those painful facts.

What would make 2018 amazing for you?

If you would write a bucket list knowing that everything is possible, what would be the top three items on the list?

- Do you want to lose weight?
- Stop smoking?
- Increase your confidence or self-esteem?
- Finally conquer that phobia?
- Or get rid of any other unwanted habit that has been holding you back?



[Mind Generating Success](#), a successful hypnotherapy practice based in Edinburgh can help you achieve your goals.

Look at these proven success stories:

- Client A lost three stones in less than six months;
- Client B finally stopped smoking for good after smoking

20 cigarettes a day for 30 years;

- Client C conquered her 20-year eating disorder;
- Client D overcame her fear of flying and now goes on holiday stress-free.

There are many others for whom hypnotherapy has dramatically improved their life. But don't be under the misconception I'll be swinging a stopwatch under your nose and you'll be jumping around the room thinking you're a chicken! Hypnotherapy isn't like a stage show. All you need to do is sit back, relax and listen to me for half an hour. It really is that simple!

Make those New Year resolutions really matter. Take the first step to changing your life for the better by contacting me today for an initial discussion. There's 10% off for readers of The Edinburgh Reporter – just quote ER2018.

Evening appointments are available. Home visits by arrangement.

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Visit [Mind Generating Success](#) for more information.