

Making That Life-Changing Resolution



Life is difficult. We all have problems – life is a succession of hurdles to overcome and difficult choices to consider. Sometimes we need help to overcome issues such as an unwanted habit, fear, phobia or wanting to change a part of your life which you feel is holding you back.

At this time of the year, many people set New Year resolutions and are looking to lose weight, quit smoking, increase their self-esteem or rid themselves of unwanted habits or disorders.

Hypnotherapy can help – and it really does work as many of my clients will tell you. Don't be confused by stage hypnosis. The clue about what hypnotherapy can do for you is in the title. You are not 'put to sleep', made to do anything you don't want to do or made to give away any secrets!

What you will be, thanks to a bespoke script tailored for you, is in a heightened state of relaxation. Imagine having an hour just for you, to imagine yourself doing whatever you want to do. In today's ever-demanding world how good does that sound? In your relaxed state, your subconscious mind is more receptive to suggestions on how you can overcome your unwanted habit, fear or phobia. This is where the hypnotherapist does their work – by talking to your subconscious and replacing unwanted unhealthy habits with suggestions which will change your life for the better.

Mind Generating Success can help you get rid of unwanted habits such as snacking or smoking, fears or phobias. Interested? Why not contact me to arrange an initial consultation? This costs just £10 – and if you decide to take the next step to improving your life this is deducted from the

cost of your first session.

Sessions are £60 – smoking cessation is usually a one-off session costing £95 (but if you consider how much you spend on cigarettes – £3,000 a year if you smoke 20 a day – it's a drop in the ocean and improves your health)

There is 10% off each session as a special offer to readers of The Edinburgh Reporter – just quote **ER2018** when making an enquiry.

Mind Generating Success is based at Craiglockhart in Edinburgh. Evening appointments are available as are home visits providing this is an area free from distraction.

Visit the [website](#) for more information.

Contact Mike Smith today on 07521 353 787 (answering service) or email mike.smith@mgs-hypnotherapy-services.co.uk

Go on, change your life – you CAN do it!