

'I Wish I Could' – A Special Offer For Edinburgh Reporter Readers



I wish I could. Four small words but they weigh heavily on the minds of so many people.

I wish I could lose weight.

I wish I could stop smoking.

I wish I could be more self-confident.

I wish I could stop my gambling addiction.

I wish I could stop being scared of spiders.

I wish I could...

Well, you can – with professional support. And all you have to do is sit in a chair for less than an hour and listen to a fully qualified life therapist speak to you!

The Edinburgh Reporter's Mike Smith runs Mind Generating Success, a successful hypnotherapy practice which gives a helping hand to those who wish to rid themselves of unwanted habits such as over-eating, eating disorders, smoking, phobias, addictions, sleep problems and lack of self-esteem or stress.

Hypnotherapy is not like stage hypnotists. You are not 'put to sleep'. You are always fully aware and in control. So, no dancing around the room thinking you are a chicken! Hypnotherapy is simply you sitting listening to your therapist talk to your subconscious mind. You are in a wholly relaxed state and all Mike's clients have spoken about how relaxed they feel after.

And the results are stunning! Many clients have said their lives have been transformed whether it be by no longer snacking, stopping smoking or overcoming an addiction or phobia. The [Mind Generating Success](#) website has glowing testimonies from many satisfied clients.

As a special offer for readers of The Edinburgh Reporter, there is 10% off every session. Just quote ER2018 for the offer.

The first step is to contact Mike to arrange an initial discussion about what he can do to help.

Contact Mike Smith on 07521 353 787 for an informal chat or email: mike.smith@mgs-hypnotherapy-services.co.uk today.

Evening appointments available. Home visits by arrangement.

Mind Generating Success is based at the Engage Fitness Suite at Edinburgh Napier University's Sighthill Campus in the west of the capital city.

Take that first step to changing your life!