

Time to Plan Ahead With Your Aims for 2019

We're fast approaching the time of year when people look to change their habits.

Now is the time to start planning ahead to January – with January comes the opportunity to start afresh, and people around the world resolve to change something in their lives for the better.

According to a YouGov poll, the most popular New Year's resolutions are:

1. Eat better
2. Exercise more
3. Spend less money
4. Self-care (i.e. get more sleep)
5. Read more books
6. Learn a new skill
7. Get a new job
8. Make new friends
9. Get a new hobby

But, hang on a moment. Is this the best time of the year to be promising to make serious life changes? I've heard these phrases countless times:

"Ach, there's no point in trying to lose weight just before Christmas – I'll wait until the New Year"

"This has been a hellish year and I don't think next year will be any better"

"I'm definitely going to give up the fags but there's no point doing it now when I've all these Christmas parties to go to"

New Year's resolutions come – and go. But you don't need to

wait until 2019 to take that first step to changing your life for the better. You can take that first step NOW.

How can I do that, I hear you ask.

Hypnotherapy is type of complementary and alternative treatment in which the imagination is used in an attempt to help with a variety problems, such as breaking bad habits or coping with stress. Hypnotherapy can be applied to a wide range of medical and psychological problems. Areas of application include anxiety and stress conditions, weight control and addictive behaviours and self-esteem and confidence issues. It is also used to enhance performance in several areas such as sport and public speaking.

Mind Generating Success is a successful hypnotherapy practice based in Edinburgh.

You can contact me on 07521 353 787 or email me at mike.smith@mgs-hypnotherapy-services.co.uk to book an initial consultation. This is where I will explain the life-changing benefits of hypnotherapy and answer any questions you may have.

I can answer a frequent one here – I won't be swinging a stopwatch in front of your eyes, you will not be put to sleep, you will be in complete control at all times. All you have to do is sit back, relax and listen to me talk for half an hour or so.

The initial consultation costs just £10 – and this is deducted from the cost of your first session so if you proceed it is, effectively, free.

There's a special offer for readers of The Edinburgh Reporter – there's 10% off every session! Just quote ER2019 when making an enquiry.

Don't wait until after the festivities to make change to your

life. Start 2019 now. Contact me today to find out more.

We have but one life – so why not try and change your life for the better?

Mike Smith Hyp CS

[Mind Generating Success](#)

Edinburgh

Tel: 07521 353 787

Email: mike.smith@mgs-hypnotherapy-services.co.uk

More information is available [here](#)