

# Change your thinking. Change your life.

It's that time of the year. Christmas has come and gone. The recovery period from New Year is under way. Across the country there are familiar statements being made.

- I need to lose weight.
- I'm going to give up the fags.
- That's me off the booze now.
- I'm going to be more positive about life.

I'm definitely going to change this year. Definitely.

But come the end of January many of those good intentions have faded away after a promising start.

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.

Imagine you could not only maintain those good intentions, but they become a permanent feature of your life, changing your life for the better – for good? Now imagine

if you didn't need fancy diet plans or 'dry January' campaigns, ideas which are well-intentioned but are only a temporary measure. And all you had to do was to sit in a chair for an hour a week and listen to someone help you relax and suggest ways of improving your life...

### 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? At this consultation you can ask any questions you may have about hypnotherapy and I will explain its life-changing benefits. The consultation just £10 and you're under no obligation to proceed – but if you decide to take the next step to improving your life the £10 is deducted from the cost of your first session.

Not only that but there is 10% off **every** session as a special offer to readers of The Edinburgh Reporter – just quote ER2019 when making an enquiry.

Mind Generating Success is based in the west of Edinburgh and is easily accessible by public transport. Evening appointments are available as are home visits providing this is an area free from distraction.

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

Visit Mind Generating Success's [website](#) and take that first step to changing you life today!