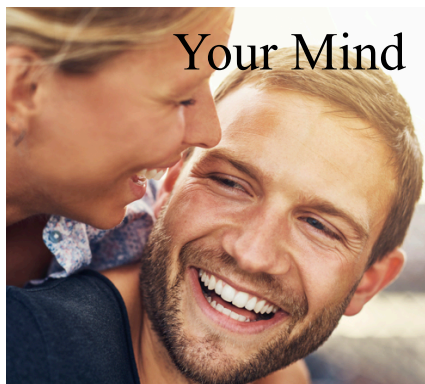


TAP INTO YOUR MOST
powerful resource



We hold the key to your inner mind.
With our help you can open the
door to a new, happier, healthier you!

Become Alive & Free
with Additional Programs...

- Weight Loss
- Stop Smoking
- Alcohol Reduction
- Motivational Enhancement
- Stress Management
- Pain Reduction
- Accelerated Learning
- Sales Improvement
- Sports Enhancement
- Improve Confidence & Self Esteem
- Sleep Improvement
- Golf Improvement

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REAL PEOPLE, **speak out**



"I came to A & F to help with severe anxiety that I had for 4-5 years to the point where I couldn't leave my home. They helped me to see that I had the power to get better within me. With the help of A&F I was able to get my life back and not having to depend on anyone and getting in control again! I'm here NOW! I'm Happy! And I can actually smile – I finally feel anxiety free".

– Maria Dibenedetto.



"I came to Alive & Free to overcome my negative thinking, to improve relaxation and alleviate my social anxiety & stress. I had tried everything with no success. With the help of Alive & Free I was able to let go of my negative thoughts, overcome my anxieties and was able to focus my head into a positive direction."

– Victor Lau.



BRAMPTON
905-454-7400

MISSISSAUGA
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Alive and Free
HYPNOSIS & WELLNESS

Anxiety &
Stress Free



I can't remember when I felt this GREAT!



Stress is an inevitable part of life. Just like most things in life we can train our minds to react to stress with more anxiety and negativity until it becomes automatic.

Alive and Free Hypnosis focuses on using the power of your subconscious mind to become anxiety free with more ease. The key lies in managing and letting go of the stress so that it does not take over our lives. Hypnosis is completely natural, holistic, and effortless.

Alive & Free Hypnosis is committed to your success.

CLINICALLY PROVEN techniques

The key to long lasting successful change in your habits begins with changes in the subconscious mind. Scientific research has verified that the combined effects of light and sound promotes a deep, relaxed state of mind. Utilizing this cutting edge technology along with hypnosis, you are able to replace the self sabotaging behaviors of your subconscious mind and introduce positive thoughts in it's place.

This allows you to make permanent changes from the inside out. Through the combination of these clinically proven techniques and positive suggestions, you will finally be empowered with the mindset and internal strength to be free of anxiety and stress.

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TAKE CONTROL of your life

Alive & Free Hypnosis can not only help you to live anxiety free but to live with more optimism and to finally create the life you want.



IS HYPNOSIS safe?

Our Alive & Free certified hypnotists are professionally trained and follow strict ethical guidelines. You remain in control at every moment. You can terminate the hypnosis session at any time. Therapeutic hypnosis cannot make you do anything that you do not want to do.

WHY hypnosis?

The subconscious mind often stores negative thoughts or behaviors that can activate destructive habits resulting in a life long struggle. The most effective way to overcome this struggle is to reprogram your subconscious mind through hypnosis. In the altered state of hypnosis, the subconscious mind readily absorbs positive suggestions. With **ALIVE & FREE** we bypass your conscious mind and speak directly to your subconscious.

*All you need is the desire
and the commitment to be
more **ALIVE & FREE** !*

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HOW DOES hypnosis work?

Our expert hypnotists are trained to find the root of the stress & anxiety in your life. They work with the mind to let go of stress with more ease which naturally allows more energy for focus, productivity, creativity and positivity.

IS HYPNOSIS for everyone?

It has been proven that if you are willing, most of us are perfect candidates for hypnosis. Call ALIVE & FREE today for your quick and easy free hypnotic screening. With a little background information from you, we can evaluate your needs and design a personalized program according to your goals.

