How Can Hypnosis Help YOU to Change Negative Habits?

Hypnosis is the safest, most powerful method for changing negative thoughts into positive ones. It works by exercising & strengthening your MIND! When you change your thoughts you can effortlessly change your LIFE!

FACTS ABOUT HYPNOSIS

SAFE: You are in control at all times. Hypnosis is a relaxed state of mind and when used therapeutically your mind can open to the specific positive thoughts that will propel you towards healthy habits and lifestyle.

POWERFUL: What makes hypnosis so powerful in creating positive changes lies within accessing & exercising the power of YOUR own mind.

ALL NATURAL: No medications, No side effects, No fad diets to follow. When you shift your minds' focus, you can shift your habits & choices effortlessly.

Tap into your
Most Powerful Resource....

YOUR MIND
Become ALIVE & FREE

with Additional Programs:

- DECREASE ANXIETY & STRESS
- PERMANENT WEIGHT LOSS
- STOP SMOKING
- BECOMING ALCOHOL FREE
- MOTIVATIONAL ENHANCEMENT
- INCREASE SELF CONFIDENCE
- INCREASE SELF ESTEEM
- LET GO OF FEARS & PHOBIAS
- SALES IMPROVEMENT
- OVERCOME NAIL BITING
- SPORTS ENHANCEMENT
- DEEP RESTFUL SLEEP
- PUBLIC SPEAKING
- FEAR OF FLYING

Book Your FREE Consultation Today

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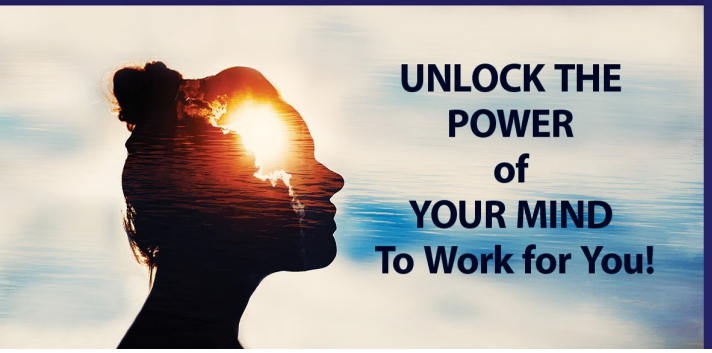
Alive and Free
HYPNOSIS & WELLNESS

"Where **FEELING ALIVE** with New Behaviors & **BEING FREE** of Old Habits is our **#1 PRIORITY"**

Become ANXIETY & STRESS FREE

Feeling uncomfortable in different situations tends to lead to negative experiences. It creates negative thoughts and stress. However when persistent stress becomes overwhelming, it leads to self sabotaging thought processes and creates anxiety. When this is linked with other negative emotions, it can become an all too familiar part of our daily lives. Our mind learns with repetition. So when experiencing stress/anxiety/fear/frustration, etc over and over, the mind will learn that this is the new "normal". Hypnosis helps to transform your mind to relax again and overcome your negative thoughts. This allows you to once again handle life with more ease, happiness, and peace.



Achieve Your IDEAL WEIGHT

Alive and Free Hypnosis & Wellness

Negative and self sabotaging thoughts that lie in the subconscious mind are the hidden obstacles that prevent you from choosing healthy habits. Alive & Free Hypnosis can help you to change your Mind so that you can change your Body. By changing your emotional & physical relationship with food, you can keep the weight off. Let us help you to finally feel great from the INSIDE OUT!

"I am ecstatic with my success! People comment on how much hard work it must have been to lose 60 lbs. and 60 inches. Not this time! Hypnosis has been the key. Alive & Free Hypnosis helped me not only lose weight but gain confidence & happiness. I believe that finally learning to relax and let go helped me to lose weight and KEEP it off. My advice is to commit to the program!"

MARY HAYNES
60 Pounds Weight Loss

Become SMOKE FREE

Hypnosis can be powerful in helping people to finally let go and be free of negative habits such as smoking. The primary reason is because at Alive & Free we recognize that it is not just about the habit itself but what CREATED the habit in the first place. Self sabotaging thoughts, negative ways of dealing with or not dealing with stress can all be the foundation of where negative choices begin.

We help our clients to not only let go of these negative thought patterns but to also instill & strengthen positive, health enhancing thoughts. This ensures that the person will let go of smoking and not replace one negative habit with another negative habit like eating in excess.

All you need is the Desire & Commitment to be more Alive & Free!

Call Today for your FREE Consultation