

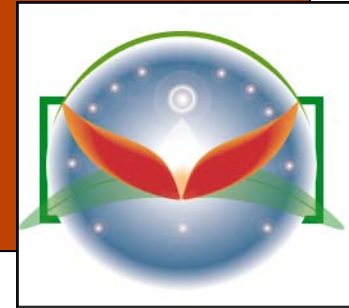
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**Change your mind; change your life**

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## What is NLP?



*"[Neuro-Linguistic Programming is] ...A set of techniques for making life-altering changes that works quickly, and at times, dramatically..."*

NLP is a creative, powerful, and proven method for personal change and growth. The NLP practitioner observes your behavioral responses within a session and picks up on cues indicative of your internal thought processes. The skillful practitioner can then use NLP and hypnosis techniques to get to the root of whatever underlying issue you want to resolve.

Both Hypnosis or NLP used alone are very eloquent and effective techniques for personal change. Used together, these techniques are enhanced dramatically. NLP and Hypnosis work in harmony with the natural ways your mind and body already function to help you obtain the results you want with minimal effort.

## Turn problems into solutions:

Everyone has the ability and innate wisdom to heal. The unconscious mind is very intelligent, and very quickly understands which thoughts and behaviors trigger change and positive movement forward. The process often continues unfolding long after the session is over, sometimes extending benefits to other issues that are related, but were not directly addressed during our session.

As a practitioner, I help the most powerful part of your mind – your unconscious – come into harmony with your conscious mind and create the results you really want. I take great pleasure in watching you release your problems by using your own self-guided wisdom.

- eliminate bad habits
- cope with grief & loss
- relieve chronic pain
- enhance performance
- resolve trauma
- relieve depression
- improve sleep patterns
- recover from phobias
- relieve allergies
- alleviate stress

...and so much more!



## What should I expect?



Before your session, you will fill out a written Intake Form. This gives you the opportunity to think about yourself and your goals in a different way, and enables me to acquaint myself with your particular issues. When we first meet, there will be further exploratory questions. Together we create an action plan, and begin to pursue it.

Contrary to popular TV images of zombie-like trances and loss of control, you will always be aware. While accessing your subconscious, your conscious mind is still very much alert and in control. Some people report feeling a very deep relaxation while in a hypnotic trance, while others seem to notice little. In any case, your subconscious willingly responds, and change becomes possible.

For you, the work is easy, with clear instructions given. NLP and hypnosis work together to build upon what you are already doing successfully, so that you can easily change ineffective life patterns. Changing your life is really as easy as changing your mind.

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