

TIME FOR CHANGE:

Hypnosis can help you change attitudes, perceptions and behaviors:

- Anxiety
- Asthma
- Confidence building
- Fears and phobias
- Improving relationships
 - Insomnia
 - Migraine
 - Obesity
- Pain management
 - Panic attacks
 - Sleep problems
 - Sexual problems
 - Smoking
- Stress management
 - Study habits
 - Stuttering.
 - Teeth grinding
 - Thumb sucking