

# Reduce stress amp anxiety, free yourself from phobias or unhelpful habits




**Want more out of life?  
Get ready to thrive!**

*Do you need more balance in life or guidance on any issues? Talk to me! I help people with anxiety, health challenges and emotional worries to overcome blocks, gain clarity and make lasting changes. I combine a variety of modalities to help clients regain their energy, find healing, balance and strength.*

**Areas I work with:**

- Release stress and anxiety
- Achieve work-life balance
- Weight control
- Fears and phobias
- Stop smoking
- Overcome self-sabotage
- Health issues and pain relief
- Cravings and addictions
- Your specific challenge

Sandy is a qualified & experienced Psychotherapist, Hypnotherapist & advanced EFT Practitioner & Trainer.

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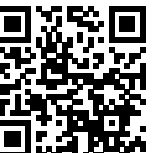






**£10 off your first 1-2-1 session with this flyer**  
 Book your **FREE** 15min phone consultation

**Find healing, strength & freedom!**

Location: Brighton or via Skype

Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-502243-z>

Time for an inner spring clean? Leave old unhelpful habits behind and free yourself from fears, phobias, anxiety or unwanted health conditions. Become a new you this spring! Get £10 off your first session. Limited availability. Your new life is waiting for you. Let me help you become a better version of yourself. Take action now! I look forward to hearing from.

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