

# Hypnotherapy For Anxiety













Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-542872-z>

Anxiety can really effect your daily life .It can stop you doing activities you want to do or even make you a prisoner in your own home from fear of going out.

- Worries and anxious feelings can be :-
- Panic disorder
  - Phobia's agoraphobia/claustrophobia
  - PTSD
  - Social anxiety disorder

If you would like to know how hypnotherapy/tapping could help you,please get in touch.  
 I offer a free 20 minute chat for you to discuss your needs.  
 If it is difficult for you to leave your house to attend a therapy session,I am willing to visit you.  
 Unlock your!

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