

# Hypnotherapy - Getting the Real You Back



Location **South West, Avon**  
<https://www.freeadsz.co.uk/x-587088-z>



## Hypnotherapy - Getting the Real You Back











The pressures of everyday life can affect us all at one time or another. Causing us to suffer from anxiety, panic attacks, depression and many other problems. Solution Focused Hypnotherapy can help us to make positive changes in our lives. By changing those negative thoughts and behaviour patterns into positive ones that allow us to cope better with life. Hypnotherapy works for those clients who are committed to creating positive changes in their lives. It is very effective in helping with issues such as:

- Anxiety & Depression
- Irritable Bowel Syndrome (IBS)
- Insomnia & Sleeping Problems
- Panic Attacks
- Hypno-Birthing
- Anti-Smoking Therapy (Single Session)

Above are just a few examples of the areas Hypnotherapy can help with but, of course, there are many more. It's even suitable for children.

For an Initial Consultation call or text me on 07954406640 079544066...(click to reveal full phone number) , email me at [click to contact](mailto:click to contact) or visit my website at [www.julieshowering.co.uk](http://www.julieshowering.co.uk) for more details and prices.

All sessions are held at The Cottage, Ridgewood Community Centre, 244 Station Road, Yate BS37

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