

ARE YOU STILL "TRYING" TO QUIT SMOKING?

What would it be like to see someone else smoking and realise that *you* have *no need, no want, no desire* for smoking? This experience could be yours.

This intensive and proven hypnosis course makes it much easier. Your chance of success increases, dramatically, because I tailor the process to your needs, and then add in some of the latest breakthrough techniques. This means *if you really want to give up*, you could be free from smoking, comfortably and effectively.

"Thank you for your recent letter [to follow up the single non-smoking session]. I would like to just say that I have been off the cigarettes since my visit to you [since January 2006] and I haven't looked back"
- Dave Limburn

As long as it is your decision to quit, then my *Advanced Stop Smoking Hypnotherapy Course* lets you be the non-smoker you were born to be. A large number of people are completely successful on this breakthrough course - using my intensive customised system to stop smoking. With the free state-of-the-art hypnotherapy recording you'll get, the success rate goes through the roof.

Please feel free to contact me if you have any questions that would help you put your mind at rest. I would like to hear from you. When you attend your advanced hypnotherapy sessions, you will discover why so many people get excited and *tell their friends and family* about them.

CLIENT TESTIMONIALS

"In the past two months, I am like a different person. I have become more confident in myself, more relaxed and can cope with stress much more easily. I can't believe how relaxing your sessions are and how far I've come." - Louise Fricker-Billing

"Hi Richard, I just wanted to let you know that two weeks on the non-smoking is going great guns. All my cravings are gone, I feel so much healthier and I never want to pick up another packet of cigs! Thanks for your help." - Mark Templeton

"I certainly didn't expect to be as convinced by his methods as I was. I did feel better about myself." - Laura Wright, South Wales Echo, June 2007

"Since I first started coming to see you I have now lost a stone in weight but more importantly for me I managed to get through an incredibly stressful time over the last few months without binging."
- Lisa Brown

"The fear [of flying] has completely gone and I feel so much more optimistic. I can't believe how this has knocked on so positively into other areas of my life."
- Rhian Edwards

"I can honestly say that my confidence is improving by the day." - Clare

I was referred to Richard by

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Richard Haggerty BA (Hons)

Certified:-
Master Hypnotherapist,
NLP Master Practitioner,
NLP Trainer,
Life Coach

Based in Cardiff

AS FEATURED IN THE SOUTH WALES ECHO, THE WESTERN MAIL & ON BBC RADIO WALES

HYPNOSIS

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www.HypnosisCardiff.co.uk

FEAR OF FLYING

Do you have a fear of flying, but still want to go on holiday? I could help you clear your fears on my *Advanced Fear of Flying Hypnotherapy Course*. Clients consistently tell me they are amazed they can finally get on a plane – and enjoy a well-earned holiday with loved ones.

DO YOU WANT TO LOSE WEIGHT?

Train yourself to burn off those extra pounds, eat less, stop binging, break cravings - and easily establish positive new habits. Learn to develop increased motivation to exercise.

"I've been losing 2 lbs every week since I started. I am feeling much more confident and positive in my ability to lose weight. I was surprised that even after only 1 session new habits were beginning to form."
- Julie Joannou

BLUSHING AND PUBLIC SPEAKING

Do you feel helpless about how you react in front of people? Are you losing sleep because you feel so tense in groups? Would you like to *stop feeling panicky* for no reason? This proven course can help you give talks or presentations with confidence. Imagine how much better you'll feel when you enjoy being around others – socially *and* at work - because of your amazing hypnosis sessions!

CALL NOW FOR A FREE CHAT

I have over 12 years' experience to help you remove blocks to your success. Don't delay, call today on 02920 193978!

"I stopped smoking and feel so much happier. Since seeing you Rich, I've also rekindled a sense of childhood playfulness and ability to have fun that I thought I



had lost. My overall sense of relaxation is much increased, so have my happy feelings and ability to focus. I just don't have that sense of tension in my stomach that always seemed to be there any more."

- Mel Plati, Artist, www.melaneia.com

What Else Can I Help You With?

You'd be surprised how many things hypnosis can help you with: Comfortable childbirth, fears, confidence, self-esteem, nail biting, interviews, and anxiety/stress.

For more information please visit:-

www.HypnosisCardiff.co.uk

Call Now on 02920 193978



HOW CAN HYPNOSIS HELP YOU?

Hypnotherapy is a powerful, proven way of helping a wide range of problems. It could assist you in gaining relief from fears and phobias, as well as control weight.

You don't realise it yet, but booking hypnotherapy may be the best thing you have ever *felt motivated* to do. As you look back with increased confidence and a sense of wellbeing, imagine how incredibly valuable your hypnotherapy sessions have been.

As well as helping you gain relief from panic, fears, or anxiety about giving a speech, hypnosis can also help you lose weight, quickly and easily. Picture yourself fitting comfortably into a new outfit or smart suit, and *feeling confident* in front of friends and colleagues.

You're probably wondering whether you can go into a trance. Fact: you already can! Just remember a time when you have started to daydream, or lost yourself in an exciting film. And it'll become clear how many times you naturally *enjoy going into trance* each day.

You have nothing to fear from hypnosis and everything to gain. You are always in control. I create a calm and comfortable setting where you are *naturally motivated* to make the changes you want.

Now, I can almost hear your mind saying, "I am interested in finding out more. What should I do now?" Call now on 02920 193978 in confidence for a free informal chat and to ask any questions you have. I would like to hear from you.