

## ARE YOU STILL "TRYING" TO BEAT YOUR FEAR OF FLYING?

What would it be like to look ahead to getting on a plane and realise that *you* have *no fear, no anxiety, no desire* to avoid getting on your flight? This experience could be yours when you book now.

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

*"I am not scared of flying anymore – I'm amazed! Not only is my fear gone, but I have noticed that I feel calmer and happier than ever before in my day to day life!"*  
- Collette Beazer

As long as it is your decision to let go of this fear, then my *Advanced Fear Of Flying Hypnotherapy Course* lets you be the confident traveller you were born to be.

With the free state-of-the-art hypnotherapy recording you'll get, your peace of mind will continue to grow.

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

*"Hi Richard, Just a quick note to say a big 'thank you'. After completing your 'Flying Without Fear' course I recently flew to Barcelona with a totally different mind set. At no time during the flight there or back did I feel any panic or apprehension. In fact I enjoyed both flights immensely - even when we had bad turbulence during landing. So thanks again for turning something that was becoming a severe problem into a real pleasure! All the best. Rob"* - Rob Evans, Cardiff

*"Hi Richard , Its Gary From Pembs. Just a line to say a massive thanks to you for the 2 sessions I had with you. I downloaded the "fear of flying" recording that you give me on to my iPod and played it regularly ... I give myself 7/10 on the way out to Cuba and 8/10 on the way back . Thanks again and see you soon."* - Gary

*"I never thought I would say it, but I actually enjoyed flying last weekend and was on such a natural high at the end of the flight. Combining the Hypnosis Cardiff fear of flying course has given me (and my family too) the ability to fly again. The relaxation was so deep and I especially enjoyed listening in between sessions to the CD you gave me, which made me fall asleep in seconds. Thank you so much Richard."* - Geraldine Locke

*"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

Richard Haggerty BA (Hons)

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Based in Canton, Cardiff

**AS FEATURED IN THE  
WESTERN MAIL & ON BBC  
RADIO WALES**

# FLYING WITHOUT FEAR

TELEPHONE  
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[www.HypnosisCardiff.co.uk](http://www.HypnosisCardiff.co.uk)

## WHICH FEAR OF FLYING "TRIGGERS" DO YOU RECOGNISE?

- Phoning up and arranging flights
- Sat at your PC making the booking
- "Worrying" about your holiday weeks before you get on the plane
- Seeing the confirmation letter and flight tickets arrive in the post
- Taxi/drive to airport
- Checking in/ being asked to show your passports
- Visualising your plane crashing
- Picturing plane sitting there on runway
- Staircase/corridor to board plane
- Take off/sound of engines starting
- Worry about turbulence
- Imagining being on plane and having a panic attack - with nowhere to go
- Having a rough landing
- The return journey, and how you'll cope coming back from holiday

*"I finally feel like I can get on an airplane!"*  
- Hugh Nicholls



"I can finally get on a plane: your hypnotherapy worked."  
- Martyn Ashton  
([www.ashtonbikes.com](http://www.ashtonbikes.com))

For more information please visit:-  
[www.HypnosisCardiff.co.uk](http://www.HypnosisCardiff.co.uk)

Call Now on  
**02920 193978**



## HOW CAN HYPNOSIS HELP YOU FLY WITHOUT FEAR?

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 banishing panic.

Clients tell me that booking hypnotherapy is the best thing they have ever *felt motivated* to do. Imagine looking back with increased confidence and a sense of wellbeing, knowing you have managed to get on a plane without panic - finally.

As well as helping you gain relief from panic, fears, or anxiety about flying, hypnosis can also help you do this quickly and easily. Picture yourself comfortably coming back from an amazing holiday with loved ones, and the *feeling of increased confidence* you experience.

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.