

## ARE YOU STILL "TRYING" TO REVISE, FEELING DEMOTIVATED OR STRESSING ABOUT EXAMS?

What would it be like to sit down to study, and realise that *you feel motivated* to revise? Or be looking forward to exams, brimming with confidence?

This proven hypnosis course makes it much easier to revise. Rather than putting off important tasks and procrastinating, you'll feel **MOTIVATED TO ACT**. Your chance of success increases dramatically because each session is tailored to you. This means that *if you really want to pass your exams or finish a dissertation*, you can get started now.

Everyone knows that you must revise and be motivated to pass exams. You've invested a lot of time and money getting to Uni. So why do you feel tense, panicky or flustered? And why aren't you getting down to it?

Allow yourself to picture this: you get up each day, relaxed. You open your books and notes. You revise easily, with a clear mind. You remember everything you read. You **KNOW** you know it. And it becomes easier to imagine sailing through exams.

Best of all, you get the **FULL STUDENT DISCOUNT** on any of my hypnotherapy courses. Call now on 02920 193978 for details of how to get started now

When you attend your advanced hypnotherapy sessions, you will discover why so many people *get excited and tell their friends* about them.

## STUDENT TESTIMONIALS

*"I feel much more confident and optimistic about my exams next week. I have a positive feeling towards my goals and the fear of messing them up has gone. I was really impressed by how you got me to relax so quickly and be able to improve my memory in such a short period of time"* - Peter Osbourne, Student

*"I am happier than before and more confident in taking exams. I am really impressed with how much and how quickly it has had an effect on me, especially as I didn't think it would work!"* - Rhys Howes, Student

*"Richard, I just wanted to say thank you so much for yesterday's session - I am enjoying playing my violin SO much more and although I'm reluctant to admit it, it's starting to sound really good! I woke up early this morning, and immediately the first thing I wanted to do was listen to music and get to college as soon as possible so I could play my violin!"* - A.G., Student

*"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, Student

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

Richard Haggerty BA (Hons)

Certified:-  
Master Hypnotherapist,  
NLP Master Practitioner,

Based in Canton, Cardiff

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

# HYPNOSIS FOR STUDENTS!

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

## TEST AND EXAM ANXIETY

Are you studying for exams? Are you losing sleep, and unable to concentrate? Would you like to be motivated to revise and remember more? This proven course can help you to make sailing through exams easier – and stop stressing. Imagine how much better you'll feel when you can concentrate and revise easily because of your amazing hypnosis sessions!

## IMPROVE YOUR MEMORY

The well-researched phenomenon of "state-dependent learning" demonstrates one thing: you must be at the right level of relaxation to learn – and recall it. I teach you cutting-edge tools to maximise your ability to use your brain, so you easily learn, store and recall information.

I'll teach you "memory tricks" pros use, so you'll be able to remember information much more easily and quickly. Plus you'll get a special hypnosis CD with your sessions, so you can keep improving your memory for years to come!

## STOP PROCRASTINATING!

Do you get angry and annoyed with yourself? Are you despairing that you can't seem to "get yourself into gear"? Are you intimidated by the amount of notes to go through? Would you like to feel motivated to get started? And stop finding things to distract yourself? Many students are shocked at how late they leave important revision, and feel trapped. If you want to break free, then call now on 02920 193978. Don't delay, call today!

*"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](http://www.melaneia.com)

### What Else Can I Help You With?

Giving presentations, fear of flying, confidence, self-esteem, blushing, habits, stopping smoking, weight control, anxiety.

For more information please visit:-

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

Call Now on 02920 193978



## HOW CAN HYPNOSIS HELP YOU?

Hypnotherapy is a powerful, proven way of dealing with a wide range of problems. It can assist you in gaining relief from anxiety, as well as concentrating better.

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 on your increased confidence and 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 passing an exam, hypnosis can also help you develop focus, quickly and easily. Picture yourself revising effectively, and feeling confident as you answer your exams questions with ease.

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 a favourite TV show. 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.