

ARE YOU STRUGGLING WITH "GAMBLING ADDICTION"?

Whether or not you want to ADMIT IT NOW, many people are surprised to discover that they are gambling *thousands of pounds* a month. And then they notice that it's been *happening for a long time*. Too long.

Are you self-employed? Did you know that, if you are, then you are in the *highest-risk* category of being a gambler? That's based on my extensive clinical practice. The more you spend time by yourself, the worse this problem gets.

That's one reason why Internet Gambling is the bane of our times. Let me tell you a real story: A client comes to see me. He's spending thousands of pounds a week Online Gambling. He says "I want to stop, but they keep phoning me up and offering me £50 free credit to come back. I cancelled my accounts and they still call me."

The pressure on you is enormous. What do you? Cancel your internet access? Toss your PC out the window? Pretend you don't have a problem because you're going through a "winning streak"?

Here's a fact: with gambling there is only one winner. House always wins. And you know it.

Wouldn't you rather spin the dice and gamble on something that's proven, costs as little as £500 – and gets to the *root* of the problem? Your odds would be a lot better.

My hypnotherapy course is your ace in the hole. It's like spinning the roulette wheel and landing on the right colour every time. With my hypnosis course, YOU win.

My Advanced Stop Gambling Course is just TEN one-hour personalised sessions.

Please feel free to contact me if you have any questions to put your mind at rest. 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

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

Richard Haggerty BA (Hons)

Certified:-
Master Ericksonian Hypnotherapist,
Accredited NLP Master Practitioner,
Accredited NLP Trainer,
Success Life Coach

Based in Cardiff

**AS FEATURED IN THE SOUTH
WALES ECHO, THE WESTERN
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WALES**

GAMBLING?

TELEPHONE

02920

193978



www.HypnosisCardiff.co.uk

WHICH GAMBLING "TRIGGERS" DO YOU RECOGNISE?

- Do you still hope for that "next big win"?
- Do you get a powerful uncontrollable feeling inside when you think about going to your favourite online site?
- Is this problem in danger of finally ruining **all** your close relationships?
- Are you self-employed, "self-made" or otherwise in control? If you are, you are in the *highest risk category* because your gambling can continue unchecked
- Have you spent more than a £1,000 gambling in the last month? Or last week?
- Do you find yourself out of control the moment you go online?
- Do you lie, cheat or just pretend that you don't have problem?
- Do You gamble online? Here's what A major study reported by the BBC says:

SHOCKING REPORT ON THE BBC: "ONLINE GAMBLING REVEALED"

"Internet gamblers may be more likely to have a serious gambling problem than other gamblers," say researchers

"The study found that a majority of those with internet gambling experience had the most serious problems with addiction."

CALL NOW FOR A FREE CHAT

Don't delay, call today on 02920 193978



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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 addictions and worries, as well as managing addiction withdrawal symptoms. It is also shown to assist you in quickly reducing stress, though relaxation.

"Online Gamblers simply want the gambling activity to last for as long as possible because it makes them feel powerful, they get a buzz from it or it helps them to escape."
- BBC News, Sunday, 17 March, 2002

Learn To Use The Amazing Power Of Hypnotic "Aversion Therapy" To OBLITERATE Your Addiction

Using hypnosis and NLP "anchoring" can significantly speed up breaking the feeling that drives you to gamble. Obviously, this needs to be reinforced. It is VERY important to have a block of sessions and have regular support. I don't judge you, because you are *more* than your behaviours. You are here to get help and *get this sorted*.

I teach you "Aversion Therapy" during self-hypnosis sessions. This is a proven hypnotic technique to "neutralise old feelings".

So there is only question you need to ask: "Are you **serious** about getting this problem sorted now?" Call me on 02920 193978 in confidence for a free informal chat.