



help yourself to *the boost*

What is hypnotherapy?

We all want to improve our lives. We want to do more, have more, be more.

What's stopping us from achieving our dreams? It all starts with that negative little voice in our heads. No-one can give us as hard a time as we give ourselves.

Hypnotherapy is a process of self-help that teaches you how to use the immense power of your own mind in a positive way.

Just think of what you could achieve if that little voice was saying 'go for it – I know you can do it!'

You CAN

- Increase your confidence
- Reduce stress and anxiety
- Perform better in exams
- Fly through interviews and presentations
- Take control of your life
- Improve performance in sport
- Overcome phobias
- Conquer compulsive habits such as smoking
- Learn to manage chronic pain

Contact Sue Keane to find out more:

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