

New Year, New You:

Who else wants to know the secret to keeping New Year resolutions?

January is traditionally a month for new beginnings; new ways of making changes; and new ways of breaking old habits.

Smoking is one of the most popular habits to break on 1st January. So many well intentioned people vow never to smoke again as they throw their remaining cigarettes into the fireplace. Many never make it past breakfast and the few who make it through the first day of January become irritable and almost immediately start putting on weight. For these and a myriad other reasons most people who resolve to stop smoking for the New Year fail miserably.

People who consciously resolve to stop smoking fail because they are fighting what they have actually taught themselves automatically to do. People who smoke have invested thousands of pounds and hours into training their bodies to become accustomed to a certain level of toxic poisons in their blood. The body, once trained to function under these conditions, will rebel against any change to the status quo. Suddenly stopping is a drastic change and the subconscious mind will fight tooth and nail to regain the poisonous equilibrium they have taught it to maintain.

What if people could harness the power of the very thing that sabotages their resolve to stop smoking? What if there were a way to access the part of the mind they programmed to smoke? What if they could delete the old smoking programme and replace it with a programme to be healthy, patient, fit and content?

This is exactly what Hypnotherapy does and smoking is not the only New Year resolution that hypnosis can help with:

Finding better ways to cope with stress

Being more confident

Improving study or sports skills and concentration

Having a new baby

Using the power of your inner mind, all changes YOU wish to make can be made effortlessly, easily and permanently as long as the changes you wish for are for your highest good and in your best interests.

For deep relaxation and time to let all those cares just roll away, why not learn the art of self-hypnosis? There is no better life-changing gift you can give to yourself or a loved one this Christmas.

For a free explanatory brochure contact:

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Setanta Hypnotherapy Clinic



The Therapists



Xavier Nathan



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Call **842938**
for **FREE** Explanatory Brochure