

# How Hypnotherapy can be useful in a range of issues: smoking, weight, anxiety

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Hypnotherapy is an excellent way of enabling the relaxed mind of the client to assimilate ideas that will allow them to change the aspects of their life that are troubling them for good.

The 'interventions' of hypnotherapy:

- Establishing an emotional/physical safety 'anchor' e.g. the memory of a past joyful, relaxed time, that is triggered by pressure on the wrist
- Setting up a positive affirmation
- Changing the perceptions of a past event or thoughts about the future

alongside the powerful, relaxing language of hypnosis provide ways to reach and affect the mind in a way that intellectual conversations cannot, so that the determination to resolve difficulties is greatly empowered.

Many people want to give up smoking but fail to do so. Hypnosis allows the self-defence of the mind to come to the fore to finally get rid of the toxins that will lead to an early death.

Diets don't work long term. Hypnotherapy changes your relationship to food so that it can be what it is supposed to be: an enjoyable way to nourish yourself rather than a substitute for boredom, loneliness, anxiety....

Anxiety can wreck your peace of mind. Constant worrying is very wearing, eating as it does into your ability to enjoy life. Hypnotherapy uncovers the root causes of fear and anxiety, sorting out what you can alter in the way you experience and deal with problems, enabling you to let go of life-crippling patterns. Patterns that can destroy confidence so that both relationships and work can be badly affected. Hypnotherapy allows you to reevaluate emotions and thoughts and then reflect on actions, so that you can perform at work and relationships are greatly improved.