

# **WHY HYPNOTHERAPY CAN BE SUCH A GOOD THING FOR YOU!**

- An extremely effective way to give up the cigarettes that contain 4000 chemicals, that cost you a fortune and can kill you
- A way to free you from the misery of diets forever
- Can deal with the pain of anxiety so you can get on with your life
- Boosts your confidence & improves your performance
- Deals with physical and emotional pain effectively

**Dr Helen Zarod**

**07752 058982**

**[www.empoweringskills.co.uk](http://www.empoweringskills.co.uk)**