

QUICK START GUIDE

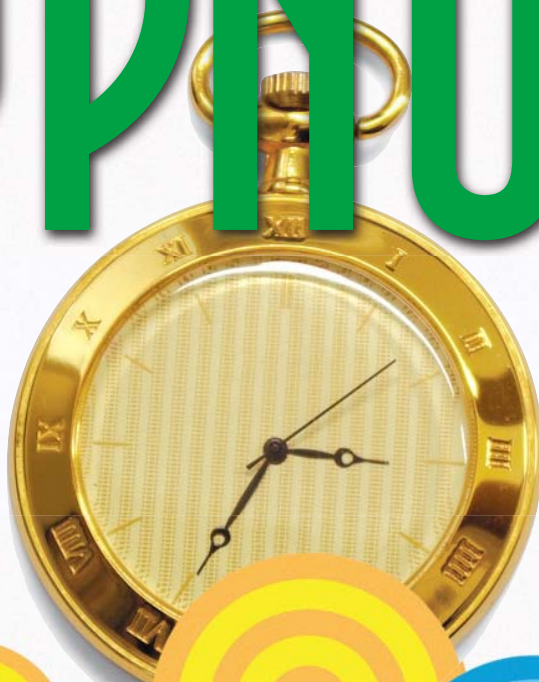
COAST HYPNOTHERAPY CLINIC

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FREE CONSULTATION

UNLOCKING
THE SECRET
ADVANTAGE OF

HYPNOSIS



1	Hypnosis taps into your subconscious.
2	Hypnosis is a form of guided meditation.
3	By changing your subconscious, you can change your beliefs, attitudes, thoughts, and actions.
4	When hypnotized, you are fully awake and conscious in a relaxed state.
5	You can only be hypnotized if you <i>choose</i> to be.
6	When hypnotized, you in full control. No one can make you do anything against your will.
7	You can bypass the limiting beliefs of your <i>conscious mind</i> to relay your desired thoughts and behaviors to your <i>subconscious mind</i> .
8	Hypnosis can help to reduce pain, overcome fears, eliminate bad habits, and sail past mental blocks.
9	In order to see change, you have to <i>want</i> the desired change.
10	In additional to seeking the expertise of a professional hypnotherapist, you can also engage in self-hypnosis through audio recordings and videos.

