

Stress Managment

Pain Relief

Weight Loss

Sports Performance

School Problems

Relationship Issues

Communication

Public Speaking

Past Crisis/Stressful Event

Recent Crisis/Stressful Event

Don't See Your Issue Schedule for a Consultation

Certified/Accredited Structured Hypnosis System

## 5-Path® & 7th-Path®

Helping people with some the biggest life challenges when everything else you have tried has failed.

## Hypnosis makes change easy!

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Free Consultations!
Virtual & In-Office Sessions

Habits and Behaviors
Addictive "Too Much" Behaviors
Anger/Emotions
Sleeping Problems

Motivation/Confidence

Fear/Anxiousness

Self Esteem

Self Hypnosis

Stress Buster Workshops

Self Hypnosis Workshops

\*Law Enforcement/First Responders