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How Hypnotherapy Creates Transformative Changes



Nicholas Pollak / July 2, 2010 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

Many years ago when I was driving to my job and listening to the radio, I heard a commercial offering to teach people how to become a clinical hypnotherapist.

Although I was successful in my career, I had a burning desire to do more, to genuinely help people.

After the commercial, I inquired into the costs and the time investment to become a clinical hypnotherapist. This was a perfect way to attain my goal of having a positive and direct effect on people who needed assistance.

Twenty years later, I have brought beneficial change to many people, to this day.

panic attacks, unwanted weight gains caused by overeating, smoking, insomnia, lack of self-confidence and self-esteem, shyness, sadness, anguish, grief, and much more.

Hypnotherapy also assists you with your work, social life, athletics, singing, acting, dancing, love, relationships, public speaking and more.

Start with One Visit

Visiting with an experienced certified clinical hypnotherapist will assist you to gain a full understanding of yourself, your condition and how to overcome concerns preventing you from reaching your full potential.

Hypnotherapy is available for individuals, couples, family and groups. A powerful, safe and highly effective tool, it helps you increase your creativity, improve your focus and concentration, sharpen your memory recall, and assist you to start thinking outside the box.

Your subconscious mind is larger and far more powerful than your conscious mind. Which makes choices and is able to reason. Your subconscious mind controls automatic actions.

For example, when you first learned to tie your shoes, you did it slowly and deliberately. You thought carefully about each loop (conscious). Now you quickly tie your shoes without giving it any thought (subconscious).

Introducing Healthy Options

Hypnosis is the best and most direct way to speak with your subconscious. If you hold positive associations to your acknowledged unhealthy habits, we change that by supplying your subconscious with healthy alternatives plus the motivation to make better choices to create the healthy habits you are striving for.

When you reach for a cigarette or junk food or simply think negative thoughts, your conscious mind knows this pattern is wrong, potentially destructive. As your subconscious mind holds all the triggers, patterns and associations that lead to your behaviors, it overpowers your conscious thought.

In hypnotherapy, we change the negative programs blocking you from the healthy, successful life you desire.

same as the thoughts you had the day before. And the day before, and the day before...

Imagine if most of your thoughts are how you cannot achieve something.

Your mind and body are connected. It is only natural that what you think day after day is how your body will obey and respond. You are flooding your subconscious.

Many times your conscious mind is unaware or simply powerless and unable to affect the changes you need.

Like flexing a muscle, thinking positively, day after day, turns you into a strong, focused, positive and goal-oriented person.

By helping your subconscious mind to support your conscious mind's positive goals, hypnosis is the best way to bring a positive voice to your mind, your body and everyday living. The results are amazing.

When you know it's time to change the negative programs holding you back from the life you desire, allow yourself to think outside the box. Let hypnotherapy assist.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net)
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Community Uniting May 2nd to Chart Future at Hope&

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