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How to Run Away from Depression

Nicholas Pollak / June 22, 2015 /

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Being a clinical hypnotherapist, I frequently have the opportunity to help people with a large variety of issues.

Clients I see are desperate. They have tried everything.

One new client is an Asian lady I have seen six times in three weeks. Depressed, unmotivated, alone without a lasting relationship, she has seen psychiatrists, psychologists and several counsellors. She never gets past the second session.

She was not the first to say she was not getting anywhere. Could take 600 sessions with a psychiatrist or psychologist. The same changes can be accomplished in fewer than 10 hypnotherapy sessions.

How?

When one sees a psychiatrist or psychologist, the sessions are talking conscious mind to conscious mind. Hypnotherapy talks directly to the subconscious. What is the difference? When you understand that human beings generally only use 5 percent of the brain power available to us and of that 5 percent, 10 percent is our conscious mind, 90 percent our

subconscious does not know what is good or bad, wrong or right. Our conscious minds make those determinations. We have trained our subconscious to give us what we believe we want.

Tying a shoelace is a sample. We learned to do this when young. Difficult at first, easier every passing time. Later we do not think about tying a shoelace. Our eyes see they need to be tied. The learned instruction is sent from the subconscious to the fingers. Voila!

Same for everything about us. We have trained ourselves in a certain way. If we do not like the way we have changed ourselves, it is up to us to create the behaviors we want.

Back to the Depressed Lady

My client could not understand why she was not making progress. She said she had been doing research on the web and had found my site. She took no further action until she went to a *Bed, Bath and Beyond* store where she saw my car with its magnetic advertising. She took this as a sign and called for an appointment.

Her problem was easily resolved. Raised by strict parents who criticized her for everything, she concluded she was less than, not a worthwhile person.

She was constantly putting herself down, making poor decisions for her new business. Her parents had died, but they still were in her mind. She would constantly hear their harsh criticisms.

Eventually she understood she need not remain a prisoner to her thinking.

Hypnosis gradually took effect. Within a short nine weeks, she went from inactive and depressed to energetic, focused and successful. She came for the full course of six sessions, one each week for three weeks followed by three more over six weeks. Today she is much happier with the potential for a great new compatible relationship.

Do not hesitate to contact me by telephone, 310.204.3321, or by email at

nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (<http://www.hypnotherapy4you.net>)



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