



INTERACTIVE HYPNOTHERAPY & NLP WITH ANTHONY AUGUSTINE



Are you ready to let go of your limitations?

We are all products of our environment; our personality is formed from our experiences. The area you were brought up in, your friends, your parents, all influence your personality, making you who you are today.

Not all of these experiences are healthy and some can leave a negative influence on your character, deep within the subconscious mind. Do you have negative reactions, grief, depression, anxiety or even a phobia or fears? Are you ready to let go of negative past experiences? Are you ready to stop allowing your past to influence your current happiness and future wellbeing? Subconscious techniques are therapeutic and help you work through challenges to move to the next level, including;

- Increasing confidence
- Self esteem
- Stress management
- Loss or gain weight
- Pain control
- Regression
- Speed up physical healing
- Stopping smoking

Hypnotherapy; is a form of psychotherapy. Hypnotherapy aims to re-program patterns of behaviour within the mind, enabling irrational fears, phobias, negative thoughts and suppressed emotions to be overcome immediately, unlike more traditional forms of therapy that can take months or even years. The subconscious mind is an instinctive force compared to the conscious mind and equates to an amazing 95%. The subconscious has to change for your behaviour and physical state to alter.

NLP coaching; neuro linguistic programming; uses waking hypnotic states to learn subconscious tools to apply in various areas of life. Conversational techniques allow an insightful discussion to be a valuable transformative experience to overcome limiting beliefs of your capabilities at work or in your personal life.

About Anthony

Over 11 years Anthony has studied many therapies boosting his comprehension of the mind, helping his clients let go of anything that **“NO longer serves a useful purpose”**. Anthony also teaches Advanced Interactive Hypnotherapy and helps CEO'S, Professional athletes, members of the British parliament and celebrities be the best version of themselves.

Anthony prides himself in offering fast, effective and permanent change in the shortest possible time, and had his sessions translated into 3 different languages whilst coaching in several countries in Asia

For more information, please contact H&W Reception to book a free chat with Anthony