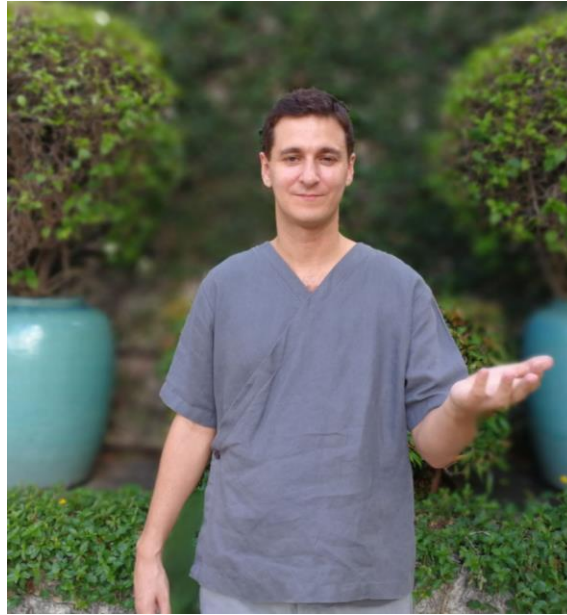




## CLINICAL HYPNOTHERAPY AND EMOTIONAL HEALING WITH NICHOLAS HARRIS



Nicholas Harris is a therapist exploring the power of consciousness for healing. His therapy focuses on inner relationship and emotional healing, with the goal of attaining peace.

### **Clinical hypnotherapy**

Hypnosis is a natural state of consciousness in which the subconscious mind is open to positive changes. The client is in full control and can wake themselves up at any time. Hypnosis feels comfortable and deeply relaxed.

### **Stress management**

Hypnotherapy addresses stress at its root, helping the client to understand its causes and resolve them. Treatment restores feeling of control over one's life.

### **Weight loss**

Hypnotherapy resolves emotional pain, creates motivation to exercise and a natural attraction to eating healthy foods! Alongside setting achievable and trackable goals, the result is real weight loss that you can maintain.

### **Healing emotional pain and trauma**

Regression therapy is a safe and rapid way to heal unresolved pain from the past. When the past is healed, one can feel whole in the present.

### **Personal sessions can also help you to:**

- Improve confidence
- Improve relationships
- Overcome addiction
- Find life meaning and purpose

### **About Nicholas**

Nicholas Harris is a Full Member of the British Society of Clinical Hypnosis and an 8th Generation Reiki Master / Teacher. Over the last 16 years, he has helped thousands of clients with the art of personal change.

Please contact Health & Wellness Reception for more information or to book a free chat with Nicholas