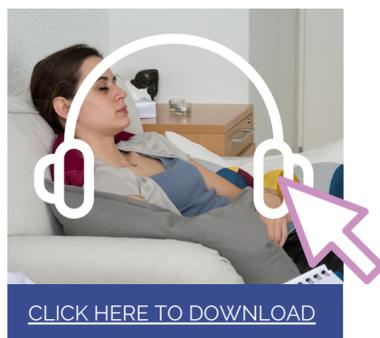


Hypnotherapy Download

Relax Your Body & De-stress Your Mind

Thank you for choosing to download this free hypnotherapy recording.
In order to get the most benefit from it I would suggest the following:



- Chose a time to listen when you know you will not be disturbed, Just before you go to bed at night is often best.
- Once you start to relax, it is normal to drift in and out of awareness. You may even “nod off” as you will feel really relaxed but you will not be “under my control”.
- Don’t strain to listen to every word I say as that can interfere with your relaxation. it is more beneficial just to be aware of the sound of my voice and the spaces between my words.
- Relaxation is an art and you will get better at it the more your practice. For maximum benefit, listening to the recording every day for a month is best.

Happy Listening!



- * Pain Management
- * Anxiety Management
- * Clinical Hypnotherapy
- * NLP
- * Reflexology
- * Reiki





About Lynn

Lynn is a semi-retired mental health nurse, psychotherapist and former university lecturer.

Having experienced anxiety and lack of confidence during her earlier life, she knows first-hand how debilitating this can feel and is passionate about using her skills to help others in a similar position.

Alongside her work for the NHS, Lynn runs her own therapy practice offering Hypnotherapy, EFT, CBT & NLP. She is also a Reflexologist and Reiki Practitioner and has her own training school teaching Mental Health Awareness to businesses and Clinical Hypnotherapy, EFT & Reiki to practitioner level.

When not working, Lynn can often be found gardening, walking her dog, travelling or eating out with friends



If you found this download helpful, you might also like to join Lynn's Facebook group "Managing Anxiety & Building Confidence"



And for more information about what Lynn does here are her contact details:

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