

Hypnotherapy: The natural, effective solution to many of life's challenges

Max Sampsell March 25, 2013



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(Newswire.net -- March 25, 2013) Brisbane, Australia -- You are the possessor of the most powerful and complex object in the Universe: your brain.

Hypnotherapy Brisbane can teach you how to tap into that power to change your life for the better, without drugs or needles or surgery.

Lose weight – For many of us, controlling our thoughts about food is the best way to reclaim control in our relationship with food. Through hypnotherapy, you will be able to change your thoughts about food before you even recognise them as thoughts.

Quit smoking – The drive to smoke comes from deep in our brains, much deeper than our conscious mind. Hypnotherapy can help you reach deep into those thoughts and stop them before you reach for that pack of cigarettes.

Gain confidence – Your lack of confidence comes from deep inside of you. If you can change that foundation, you can change how you see the world and feel more confident, every day. Hypnotherapy Brisbane can help to change the base of your thoughts to make you stronger and more confident.

Overcome fear – Whether your fears are based in experience or “all in your head,” they are real and can be debilitating. Hypnotherapy can help to stop your fears at their subconscious roots and set you free to live your life.

Improve memory – Most of your memories are recorded by your subconscious mind and only come to the surface when you call them. We can train your mind to make recalling things easier and faster through hypnotherapy.

Nearly every personal challenge can be overcome by taking control of your mind from the subconscious to the conscious mind. Once your subconscious sends the right signals to your conscious mind, you will be in a better position to deal with your world in a more productive and powerful manner.

So, what is hypnotherapy in a single word? Empowerment.

[Hypnotherapy Brisbane](#) will empower to take control of all the thoughts seem to rule your life. By helping you gain control over the subconscious thoughts that lead to your behaviours and feelings, hypnotherapy will set you free to live your fullest, happiest life.

Contact Luigi Pameijer today at luigi@makingconnections.com.au or call 1300 160 854.

We're here to help you find your strongest, most powerful self!

“The conscious mind may be compared to a fountain playing in the sun and falling back into the great subterranean pool of subconscious from which it rises.” - Sigmund Freud

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