

INSTANT RELIEF FROM BLUSHING?

Do you feel helpless about how you react in front of people? Are you losing sleep because you feel so tense in front of groups?

Would you like to *stop blushing* for no reason? This proven course can help you give talks or presentations with more confidence.

Imagine how much better you'll feel when you enjoy being around others – socially *and* at work - because of your amazing hypnosis sessions!

As long as it is your decision to stop blushing, then my *Advanced Stop Blushing Hypnotherapy Course* lets you be the confident person you were born to be.

My course is unique because each session is tailored for you. In dynamic hypnosis appointments, a person can clear subconscious triggers that cause blushing. This builds greater self-reliance, so you *expect to succeed*.

Hypnosis is also very effective for calming you down in preparation for meetings and social functions. I teach you my unique Stress Buster Process. It means you can **relax** and *enter a trance* state at will - in just a few seconds. Many clients say this is worth the price of their sessions alone.

When you attend your advanced hypnotherapy sessions, you will discover why so many people get excited and *tell their friends and family* about them.

CLIENT TESTIMONIALS

"In the past two months, I am like a different person. I have become more confident in myself, more relaxed and can cope with stress much more easily. I can't believe how relaxing your sessions are and how far I've come." - Louise Fricker-Billing

"Hi Richard, I just wanted to let you know that two weeks on the non-smoking is going great guns. All my cravings are gone, I feel so much healthier and I never want to pick up another packet of cigs! Thanks for your help." - Mark Templeton

"I certainly didn't expect to be as convinced by his methods as I was. I did feel better about myself." - Laura Wright, South Wales Echo, June 2007

"Since I first started coming to see you I have now lost a stone in weight but more importantly for me I managed to get through an incredibly stressful time over the last few months without binging." - Lisa Brown

"The fear [of flying] has completely gone and I feel so much more optimistic. I can't believe how this has knocked on so positively into other areas of my life." - Rhian Edwards

"I can honestly say that my confidence is improving by the day." - Clare

Richard Haggerty BA (Hons)

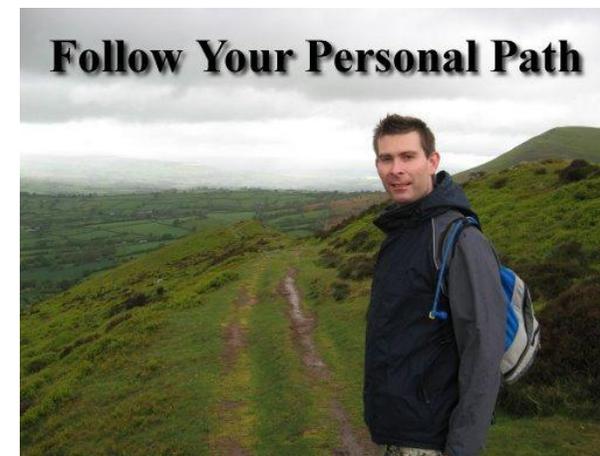
Certified:-
Master Hypnotherapist,
NLP Master Practitioner,
NLP Trainer,
Life Coach

Based in Cardiff

**AS FEATURED IN THE SOUTH
WALES ECHO, THE WESTERN
MAIL & ON BBC RADIO
WALES**

HYPNOSIS TO STOP BLUSHING

TELEPHONE
**07771
554782**



Buy Now!



www.RichardHaggerty.co.uk

WHICH FEAR OF BLUSHING "TRIGGERS" DO YOU RECOGNISE?

- Fear of being in social situations
- Sleepless nights as your problem has been getting steadily worse
- Feeling blushing "coming on" when you are called on to speak in meetings
- Anxiety followed by sudden awareness of heat in face
- "Mind racing" with "out of control" thoughts
- Being uncomfortable when you are the centre of attention
- Worrying about going to work in case your blushing spontaneously happens
- Feeling flushed in the face when you under pressure
- Being called upon to speak unexpectedly
- Worry about how you'll cope if a big "relapse" happens
- Imagining being in a meeting and panicking as you go bright red

CALL NOW FOR A FREE CHAT

I have over 12 years' experience to help you remove blocks to your success. Don't delay, call today on 07771 554782!

"I stopped smoking and feel so much happier. Since seeing you Rich, I've also rekindled a sense of childhood playfulness and ability to have fun that I thought I had lost. My overall sense of relaxation is much increased, so have my happy feelings and ability to focus. I just don't have that sense of tension in my stomach that always seemed to be there any more."

- Mel Plati, Artist, www.melaneia.com



What Else Can I Help You With?

You'd be surprised how many things hypnosis can help you with: Comfortable childbirth, fears, confidence, self-esteem, nail biting, interviews, and anxiety/stress.

**Call Now on
07771 554782**



HOW CAN HYPNOSIS HELP YOU?

[Hypnotherapy](#) is a powerful, proven way of helping a wide range of problems. It could assist you in [gaining relief from blushing](#).

You don't realise it yet, but booking hypnotherapy may be the best thing you have ever *felt motivated* to do. As you look back with increased confidence and a sense of wellbeing, imagine how incredibly valuable your hypnotherapy sessions have been.

As well as helping you gain relief from blushing, fears, or anxiety about giving a speech, hypnosis can also help you *develop confidence*, quickly and easily. Picture yourself giving a presentation or talking in a meeting, and *feeling more relaxed* in front of friends and colleagues.

You're probably wondering whether you can go into a trance. Fact: you already can! Just remember a time when you have started to daydream, or lost yourself in an exciting film. And it'll become clear how many times you naturally *enjoy going into trance* each day.

You have nothing to fear from hypnosis and everything to gain. You are always in control. I create a calm and comfortable setting where you are *naturally motivated* to make the changes you want.

Now, I can almost hear your mind saying, "I am interested in finding out more. What should I do now?" Call now on 07771 554782 in confidence for a [free informal chat](#) and to ask any questions you have. I would like to hear from you.