

 <h1 style="margin: 0;">Valleywide Hypnosis</h1> <p style="margin: 0;">Positive Lasting Changes</p>		<p>Wellness Newsletter June 2008</p>
<p>In this issue:</p> <ul style="list-style-type: none"> ● latest news ● main article ● special offers ● tip of the week ● Self Hypnosis - anxiety ● Ask the Hypnotherapist ● Hypnosis Topics 	<p>MAIN ARTICLE</p> <p>Self Hypnosis Tips</p> <p>First find a relaxing and comfortable location that you can sneak away to for 30 minutes (it's worth it). This area hopefully is quiet with lighting that you can dim just a bit and then follow these tips!</p> <p>Step 1 - Concentrate</p> <p>You will want to concentrate on one specific area of your life that you would like to change. Picture this change and what your life would be like if this change happened today.</p> <p>Step 2 - Breathe</p> <p>Inhale deeply and slowly, hold your breath for 3-5 seconds before you slowly release. Repeat this process 5-10 times.</p> <p>Step 3 - Countdown</p> <p>Before you begin tell yourself that each number starting from 10-1 will make you more, and more relaxed. Count slowly and feel the relaxation on each number until you hit one and feel completely relaxed.</p> <p>Step 4- The suggestion</p> <p>Now guide yourself to your improved lifestyle. Use your imagination to see what it would look like, feels like, or be like with your changes. Tell yourself this change will happen today!</p> <p>More Self Hypnosis Here</p>	<p>LATEST NEWS</p> <p>We Moved! Check out our new location and contact information.</p> <p>We are now located at 13231 N. 35th St in PHoenix AZ.</p> <p>Click here for more information</p>
<p>Self Hypnosis - Anxiety</p> <p>From the British Psychological Society</p> <p>Self-hypnosis could be the way for young people to overcome their problems with anxiety and depression.</p> <p>David Byron, the senior specialist educational psychologist for Hampshire County Council, revealed the success of an innovative hypnotherapy project on Thursday 4 January 2007, at the British Psychological Society's Division of Educational and Child Psychology Annual Conference.</p> <p>The Hampshire Hypnotherapy Project, which combines applied psychology with hypnotherapy, has been the focus of doctoral research at UCL and been operating for six years for secondary school pupils who have anxiety related problems. These problems are affecting their social-emotional well-being and educational progress and frequently disrupt school attendance and home life.</p> <p>Read More</p>	<p>Ask the Hypnotherapist</p> <p>We are currently accepting anonymous questions about Hypnosis, how Hypnosis works or just about anything else related to the topic and art of Hypnosis.</p> <p>Feel free to contact us (we will not share your question) and ask how Hypnosis may work for you. Ask the Hypnotherapist</p>	<p>SPECIAL OFFERS</p> <p>79.00 Sessions! For a limited time Valleywide Hypnosis is offering new sessions for only 79.00! All sessions include MP3 recordings More Info Here</p> <p>Hypnosis Topics</p> <ul style="list-style-type: none"> ● Success Motivation ● Stress Relief ● Meditation Sessions ● Improve Sleep
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