



Is living with stress a challenge?

Yes.

Is there help?

Yes.

That's why we're here.

Personalized hypnosis sessions and Self-Hypnosis lessons to help you:

- *Manage stress*
- *Increase your energy*
- *Release past emotions*
- *Improve overall wellness*
- *Overcome Sabotaging Behaviors*



**PositiveChanges®**  
HYPNOSIS CENTERS

Yes, It Works.

**Relaxation**

**Energy**

**Focus**

**Wellness**

Do these words describe how you would like to feel? Is your stress and frustration keeping you from getting there on your own?

## **Breakthrough Hypnosis System®**

That's why Positive Changes Hypnosis® has developed the Breakthrough Hypnosis System. Learn to manage and relieve your stress so that you can become the healthy person you want to be. Once you learn to handle stress, you will be happier, more relaxed, have more energy and be able to focus your attention on achieving your goals in life and in your career.

In nine highly-targeted weeks, you'll learn how to manage stress through training your mind to let go of the negative and focus on the positive.

### **Personal Hypnosis and Hypno-Coaching Sessions**

During each of your personal sessions, our certified professional hypnotists will work with you to determine what specific area you would like to work on in your hypnosis session. They will then *create and record* a personalized hypnosis session for you to take home for reinforcement. These will help you deal with food cravings and change the way you look at eating and exercise. In addition, our certified Hypno-Coaches will help you refine and target your goals making them easier to reach than you ever thought possible.

### **Hypno-Acceleration® Sessions**

Positive Changes founder Patrick K. Porter, Ph.D., has created specialized Hypno-Accelerations, designed to help you realize and achieve your goals through lifestyle change. His creative visualization processes are intended to help you achieve better health through hypnosis.

### **Self-Hypnosis Classes**

In these classes you'll learn the same relaxation techniques your hypnotist uses help you to attain the great results you've come to expect from Positive Changes Hypnosis. You will learn some quick tricks to help you relax in even the most stressful situations. At the end of each class you'll receive a Hypno-Acceleration to reinforce what you just learned. There are no limits to where your mind can take you, and these sessions will help you get started.

### **Personal Evolution Hypnosis Conditioning Kit (Starter Kit)**

This step-by-step blueprint gives a specific outline of how to achieve your ultimate goal and live a happier more enjoyable life, in just minutes each day.

### **Awaken the Genius Book**

This book was written by the Founder of Positive Changes Hypnosis. It is quite simply what Positive Changes believes to be the most effective human development book ever written.

