

Hypnosis - Your Path to Living your Best Life

What is hypnosis? Probably not what you think! It's a lovely state of high suggestibility that is completely natural and very similar to what we go through each day as you begin to wake up in the morning and fall asleep each night. This Theta brainwave state also happens naturally when you are driving your car and don't remember the drive when you get to your destination.

Frankly, our subconscious mind is always just trying to keep us safe and wants to avoid things it perceives as uncomfortable. As a result, it often puts up blocks and barriers that really don't serve us. As a certified professional hypnotist, I am highly trained to help you remove the blocks that hold you back and limit you. Sports performance, self-confidence, money blocks, self-esteem and test performance are just a few of the things that can be addressed with hypnosis.

Here's what people are saying:

"Jane is an amazing hypnotist!! She has a way of making you feel so comfortable and relaxed and trusting. She's got a soothing voice. I truly experienced a

deeper sense of relaxation each session and the work I'm doing sticks a bit deeper. I've learned how to go to a deep state of relaxing on my own and feel that my sense of confidence is building. I highly recommend Jane and feel that the work is easier than I thought and look forward to every session!!"

"I had a few hypnosis sessions prior to the start of my soccer season. Jane gently guided me into a very pleasant hypnotic state and during which I visualized myself playing a fantastic game. I saw myself reacting to the play instinctively and with skill. I could hear people cheering and feel the pride of accomplishment. She also taught me a simple self-hypnosis technique to use to reinforce the sessions. Hypnosis helped me reach inside and play with more confidence and passion. I had it inside me the whole time. It was a very successful season for me, and I was awarded MVP! I believe the sessions definitely helped me play at my best."

Curious to learn more? Schedule a free informational session with Jane Gober, NGH Certified Hypnotist today! <https://yourbestlifehypnosis.com>



Your Best Life Hypnosis



Jane Gober, NGH Certified Hypnotist

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