

Need Help With A Phobia (MaineNew Hampshire)



Location **Maine**
<https://www.genclassifieds.com/x-635010-z>


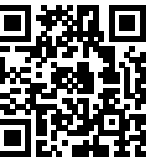
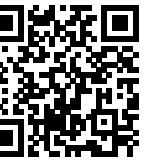
Need Help With A Phobia? Hypnosis has been shown to be an effective treatment for many individuals with phobias. A significant percentage of the population suffers from a phobia of one type or another. For some individuals it can be mildly distressing but manageable. For others it can be seriously debilitating. A phobia is an irrational fear of a particular stimulus. This stimulus can be a situation, a thing, or an activity. People with phobias will either go to great lengths to avoid whatever it is they fear, or they will tolerate it with considerable anxiety. For some people, a phobia can trigger panic attacks. In severe cases the phobia can end up literally controlling a person's life.

In short a phobia is a fear response to a stimuli. The freedom from phobias using hypnosis is achieved NOT by accessing the underlying cause of the phobia but by instructing the SubConscious mind to simply change the response to the stimuli.

Many hypnotists (wrongly) believe that they have to find the original cause of the phobia in order to remove it. In other words, they ask you to go back in time and relive a trauma! Why not simply change change your response?

The process is straightforward and lasting.

If you know someone who wants to be free of their phobia visit us at New Hampshire Hypnosis. Like us on Facebook for special deals and!

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