

Rachael L Eccles Dip Hyp, ASHPH, GHR, GHSC, GQHP, MBIH, UKCHO
 Clinical Hypnotherapist, NLP Practitioner and Timeline Therapist
 Registered with the NHS Directory of Complementary Health practitioners

What people are saying about me...

Weight Loss	<p>"I seem to be doing really well I can hardly believe it. People have started noticing, which is great. Thanks very much"</p> <p>"So far I am doing well, not wanting junk food or take-aways, I'm thrilled"</p> <p>"When I tasted a bit of chocolate it tasted bland like of nothing. I haven't eaten chocolate now for over 2 weeks!"</p>
Confidence	"I don't remember feeling this confident before, I feel really different"
Compulsive Skin Picking	"I can't believe how well I am doing. My friends keep telling me I look really well and that I seem different. Hearing that makes me feel I must have changed a lot and that has really helped my confidence, I feel much happier than before. I'm still managing to resist the urge even when I am stressed. Thank you so much for your help"
Anxiety	"I haven't felt this relaxed in about 3 years. I feel a lot calmer and a lot less worried in general"
Depression	"I just wanted to let you know I am doing really well, my depression is under control and my sleeping is much better. I am getting along with my children much better because I feel I can talk to them properly. I'm realising that there is always something to worry about but I don't let it get out of hand. Sleeping better is a major plus as I feel more positive when I've had a good night Thanks for all your help. I am still enjoying using the CD."
IBS	"You have changed my whole life, this has helped more than I ever expected. I don't feel as worried about whether I might need the toilet, the anxiety has gone, I feel normal. I can't thank you enough"
Sexual Issues	The hypnosis was a success, I don't have a problem anymore. Thanks for your help.
Exams and Study	"The butterflies feeling has gone and I seem to be remembering things better it seems to stick easier. I am more in control and getting organised now. I'm using the CD when I get really busy to keep me feeling in control and calmer."
Toilet Anxiety	<p>"I can go in the toilets now and it doesn't matter if anyone else is in there, the anxious feeling is gone its just not there any more. If I go somewhere different I'm not thinking about it like I used to and am not getting as angry either I am a calmer person."</p> <p style="text-align: right;">[A male client]</p>
Fear of Flying	"Just to let you know it was a great success because not only did I not feel panicky, but I actually enjoyed the flight"

01522 793663

<http://www.advancedhypnosis.org.uk/>

<http://www.hypnosdownloads.com/>