

Heal yourself with hypnotherapy

It's really just mind over matter. A qualified hypnotherapist can help you lose weight, stop smoking, or conquer your fears

The mind is a powerful tool and most of us don't even realise its full potential. Did you know that your subconscious can be retrained, in a positive way, using hypnotherapy? With a qualified hypnotherapist, you can learn to change a negative behavioural pattern, boost your confidence, or help your body to heal. Two *essentials'* readers changed their lives using hypnotherapy...



Women just like you

Liezl Eksteen, 35, manager of a tour operator business in Cape Town

'Not only do I value myself now, but I feel strong and sexy'

'It took me ages to realise that everything in my life happened for a reason, that it was part of my life path and that it has culminated in the biggest blessing I could ever have asked for – discovering my life's purpose.

'Somehow I got caught up in my past, using my "baggage" as an excuse to play the victim. I blamed everyone and everything else for what was going wrong in my life, except, of course, myself.

'It was only when I opened myself up to alternative healing methods, like hypnotherapy, that I was able to take responsibility for my life and enjoy the tremendous inner growth and change it brought.

'I was slightly nervous going for my first session at the South African