

WOULD YOU LIKE TO QUICKLY STOP SMOKING, LOSE WEIGHT & OVERCOME PANIC ATTACKS, ANXIETY, PHOBIAS, STRESS & TRAUMA?

Are you ready to . . .

- **Stop Smoking in One Session?**
- **Stop your ideal weight with the breakthrough 'Think Thin' Program?**
- **Quickly overcome Anxiety, Panic Attacks, Phobias, Stress & Depression?**
- **Increase your Confidence, Happiness & Self Belief?**

Then Let Stephen Travers, Advanced Hypnotherapy Help You!

Stephen has successfully helped thousands of people from all walks of life to quickly stop smoking, lose weight, overcome anxiety, panic attacks, fears, trauma and phobia's and to boost their confidence and self belief. He uses leading edge psychological techniques to achieve the results you want!

He personally works with the world's leading experts in the fields of personal development, hypnotherapy and neuroscience, such as Paul McKenna & Doctor Ronald Ruden. Stephen has two full time private practices in Dublin.

Here's some of the many Success Stories from previous clients:

Before I came to Stephen I was smoking thirty cigarettes per day and had been a smoker for over thirty years. The session went absolutely brilliant. I never thought I was going to get off the cigarettes, but I know now that I will never go back on them. I had no side effects or withdrawals and I am feeling wonderful.

Nora Marun, Tallaght, Dublin 24

Since doing the Think Yourself Thin Program I shifted over 5 stone of weight and I have kept it off. This program is easy and effective to implement. I would highly recommend it, as the results speak for themselves.

Rose Higgins - Wicklow

Before I seen Stephen I was like a ticking time bomb full of anger, anxiety, stress and resentment about the past. After only one session I felt like a weight had been literally lifted off me. My confidence levels have soared and I feel like I can move forward with my relationships, work and life again in positive ways.

Peter Lynch, Ballbriggan



**Stephen Travers,
Psych D. MICHP
Advanced Clinical
Hypnotherapy**

Please see www.stravershypnosis.com website for more information and clients video success stories. For a complimentary phone consultation you can call Stephens clinic on 01 484 7834 or 086 178 6809