

MARIANMASSIE

Free Report



Transform Your
Life Now!

Marian Massie
Hypnotherapist ~ Life Success Coach
(770) 956-0554



Call Today
for a Free Session

Critical information you must have, to save your hard earned money and precious time, if you are thinking of hiring a coach or hypnotherapist!

- * Does Hypnotherapy work?
- * How it is different than coaching?
- * What can I use it for?
- * Is it safe?
- * And many other questions answered.

By Marian Massie

Why would I need a Hypnotherapist?

Let's face it-accomplishing our goals isn't as easy of we often think. Far too often we start out with great intentions, only to get distracted or discouraged over time. It's tough to follow through and stick with a plan until we see results. The use of hypnotherapy is a proven method to ensure that your goals turn into real results.

Let's use the example of losing weight. No one needs to know that they should eat less and exercise more. Yet only a fraction of people who set out to lose weight actually achieves any meaningful results. Why?

It's all about the subconscious mind and the power that the subconscious mind has over the every day action we take. The subconscious mind can reinforce positive intentions or it can reinforce old negative beliefs.

How is Hypnotherapy different than coaching?

In order to achieve any goal that you set for yourself you have to make sure that the subconscious mind is aligned with what the conscious mind wants to do.

Hypnotherapy is a powerful tool to make sure that both the conscious mind and the subconscious mind are in alignment. That way you achieve your goals quickly and with less effort.

Other coaching methods are limited to just utilizing your intellectual understanding about a certain situation or topic, they do not address the changing of your limiting beliefs that have been effecting you accomplishing your goals.

Does Hypnotherapy really work?

I believe that my over 7000 clients would say "Absolutely Yes!" To put this

in perspective, I've been a practicing Clinical Hypnotherapist since 1985 and I have help individuals from all over the world, from all walks of life, achieve their business and personal goals, faster and with greater ease and depth than traditional therapy or other coaching methods.

Why is that?

My methods are more effective because I help you let go of the mental conditioning that has been hindering your progress. Holding onto old limiting belief systems is one of the primary reasons why so many people find it incredibly difficult to achieve the success they deserve. It goes back to what I mentioned before; you need get your subconscious mind aligned with what you want to accomplish. Otherwise it will put up all sorts of mental blocks that will impede your ability to achieve meaningful results. The good news is that when your subconscious and conscious work in

harmony, you can achieve virtually any goal you set your mind to.

Here are just some examples:

- ~ "Hypnosis is a faster way to accomplish your goals!"
- *Joyce Wells*
- ~ "I have lost over 40 pounds with the help of hypnosis"
- *C.J.F.*
- ~ "Marian has helped me become the person I wanted to be myself!"
- *Michael Varnum*
- ~ "I stopped smoking cigarettes in just a couple of session and I gained confidence as a by product"
- *Tim Light*
- ~ "I have grown as person and have been able to experience greater happiness"
- *Carol Albert*
- ~ "My work with Marian has allowed me to become debt free. I have worked on this for years and I attained success in less than 6 months with Marian Massie!"
- *Shea Embry*
- ~ "I can describe what Marian has done for me in one word - Powerful"
- *Beth Michaels*

Can you explain further?

Your subconscious mind is the seat of habits and behaviors or conditioning you have learned through experiences, repetition and from modeling other people. It has no logic or reason. Some of this is positive, but some of these old

Benefits of Hypnotherapy

- **Faster results.**
- **You have more comprehensive results.**
- **You save time & money.**
- **You are more in control of your life and destiny.**
- **More life satisfaction and greater motivation.**



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beliefs only serve to reinforce negative thoughts you may have about yourself or otherwise prevent you from achieving what you desire. During hypnotherapy I focus on replacing negative subconscious beliefs with positive ones. Thus you have the inner motivation to see any goal through to completion.

But is Hypnosis safe?

Absolutely, yes! There are a lot of misconceptions that people have about hypnosis and it's usually based on stage shows people may have seen, or from the movies. Both of these often portray hypnotized people as being totally under someone's control. Nothing could be further from the truth.

So, would I safely assume that if I pick a coaching method that does not change my limiting subconscious beliefs, that I'm wasting my time and money?

That's true. And even more importantly, if you don't change your subconscious beliefs you probably won't achieve the goals you've set out for yourself. So you're likely to invest lots of time, lots of

money and have little or nothing to show for it.

Hypnosis is simply a state of focus in which you can learn faster. At no point in time are you unconscious or unaware. In fact people go in and out of hypnotic states all of the time. For example, think about a time when you were driving and forgot where you were going, or a time when you were very absorbed in something, and lost track of time. That is a hypnotic state of mind.

During my sessions or when you listen to my hypnotic CDs, I use the hypnotic state to assist you to address issues you want to overcome or achieve. It's important to remember that hypnosis is a tool for accelerated learning and that you would never do anything under hypnosis that you wouldn't do otherwise.



“You will notice your thinking, action, or feelings are now all aligned to achieve the particular goals you have set out for yourself.”

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How are you different from other Hypnotherapists?

In selecting a good Hypnotherapist, you need to find out how long they have been practicing, where they went to school, and if they practice full time. You’re going to achieve far better results from someone who practices full time.

For example, I am a full-time Clinical Hypnotherapist, which means I graduated from a State Approved school and have completed a clinical internship under the tutelage of a psychologist. But aside from the formal training, what makes me very good at what I do is my life experience. I’ve gone through just about everything my clients have and come out the other side. I had an eating disorder for 14 years, was suicidal, ran away from home, did drugs, experienced bad relationships and money problems. I have overcome all these issues through the methods that I now teach my clients. So in effect I am living proof of the process I teach.

How long does it take to see results?

It really depends on what you are working on, but most people will start to see results within a session or so. You will notice your thinking, action, or feelings are now all aligned to achieve the particular goals you have set out for yourself.

What can I use Hypnotherapy for?

Here are just some things hypnotherapy can address: Weight loss, letting go of negative body image, stop smoking, reduce stress, increase confidence & motivation, relationship re-scripting so you can attract a better partner, overcoming fears and phobias, making more money, and breaking bad habits and negative thinking patterns.

Am I unconscious or in your control through this process?

No, hypnosis is accelerated learning and you are aware through out the entire process.

So what is my next step?

I encourage you to call or email me for a FREE 30 min consultation. Please make sure to include a phone number where you can be reached. During the free consultation I will assess your needs and answer any questions you may have. There is no obligation.

If what you are doing is not working you owe it to yourself to get educated in this extremely powerful process of attaining more success!

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marian@marianmassie.com

770-956-0554