

# All About Hypnosis

**What is Hypnosis?** Hypnosis is a heightened state of suggestibility, such that the suggestions given are accepted as being true and effect the beliefs, habits, perceptions and behaviors of an individual in varying degrees according to the depth of hypnosis established.

**How does hypnosis work?** Our minds work on two levels - the conscious and the unconscious. We make decisions, think, and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

**Will hypnosis work for me?** Everyone with an Average IQ can be successful in using this system. And since the session is custom tailored to your individual needs, it works for almost anyone.

**Is this hypnosis safe?** This system is based mostly on advanced hypnosis and NLP. And both of these systems are completely safe. You are aware and in control at every moment and can terminate the session at any time. You cannot get stuck in hypnosis. You can't be made to do something against your will! Hypnosis is a safe, relaxing, and enjoyable experience.

## What Can Hypnosis Be Used For?

- Self confidence and Personal development strategies.
- Increase sales and company performance.
- Change beliefs and behaviours easily and effectively.
- Treatment of stress reduction and clinical depression.
- Pain management techniques for chronic pain conditions.
- The treatment and reduction of pain during childbirth, dental procedures and after-care surgery.
- A noticeable reduction of the symptoms of memory loss and dementia.
- Dis-creation of phobia's and fear related symptoms.
- Reduction of nausea and vomiting in palliative care or chemotherapy patients.
- Control of pain during dental procedures including eliminating fear of dentists.



Every now and then a leader appears who has something special. Clinton J Carter is such a leader. Clinton J Carter has an amazing capacity to balance coaching someone to achieve extraordinary results whilst making the journey along the way a most magical one.

He is part of a network of dedicated hypnotherapists using the most effective techniques available today to achieve massive results in personal development. With an astonishing success rate of 95.6% this program can work for you too.

Clinton J Carter has experience with a wide range of systems and he is absolutely committed to helping you *to have a magnificent life and backs it up with a life time guarantee.*

Call our friendly  
team to book  
your session **NOW!**

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**Hypnosis Programs**



**Gold Coast  
Hypnotherapy Centre**

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# Over 200 Hypnotherapy Programs Available Call us to create a hypnosis program for you

## HEALTH

Quit Cigarettes in 60 Minutes  
Quit Smoking - Stay Stopped  
Life Without Drugs  
Weight Loss - Eat Healthy  
Think Yourself Thin  
Super Slim Me  
Stop TV Eating  
Emotional Eating  
Boredom Eating  
Stop Binge Eating  
Sweet Tooth  
Healthy Foods  
Motivation unlimited  
Stop Comfort Eating  
No More Fast Food  
Weight Loss Motivation  
Stop Snacking  
Relief from Pain  
Pain Management  
Arthritis  
Childbirth Hypnosis  
Phantom Pain  
Exercise Motivation  
Healing Power  
Get Rid of Migraines  
Tension Headaches  
Beat Cannabis Dependence  
Irritable Bowel Syndrome  
Overcome Chocolate Addiction  
Stop Grinding your Teeth  
Hangover Cure  
Lower Blood Pressure  
Drink Less Coffee  
Morning Sickness Symptoms  
Hot Flashes

### New Year Life Alignment

Achieve your ideal weight  
Improve Circulation  
Facelift - No Surgery  
Excessive Sweating  
Natural Healing  
Age with Zest  
Fear of Surgery  
Live Longer  
Change of Life  
Facial Tics  
Skin Condition  
Chronic Fatigue  
Breathe Easier  
Drink More Water  
Stop Drinking Soda  
Terminall Ill Care  
Go to the Gym!  
Snoring  
Jet Lag  
Eat Slow  
Infertility  
Stop Picking Your Nose  
Salt Intake  
Travel Sickness  
Get Moving!  
Managing Diabetes  
Enjoy Breastfeeding  
Get On Your Feet!  
Coming Off Depression Drugs  
Increase Infection Resistance  
After Losing a Baby  
Remember Your Pills  
Stop Cracking Your Knuckles  
How to Stop Scratching

## SELF IMPROVEMENT

Building Self Confidence  
Building Self Esteem  
Be Yourself Socially  
Overcoming Shyness  
Develop Optimism  
Cool Down Blushing  
Assertiveness Training  
Saying No  
Stay Calm with THAT Person  
Feel Attractive Now  
Overcome Insecurity  
Stop Negative Thoughts  
Conversation Starter  
Get Out Your Own Way  
Perfect Your Body  
What People Think  
Stage Nerves  
Less Television  
Cure Self Hate  
Do you Worry a Lot?  
Perfectionistic?  
Forgive  
Don't Be A Victim  
Don't be Embarrassed  
Your Needs First  
Peer Pressure  
Think More Positively  
How to Accept Yourself  
Stop Cursing  
Increase Happiness  
Conversation Starter  
Building Self Esteem  
You're Smarter Than That  
Over-Defensive?  
Cure Self Hate

Inferiority Complex  
Learn with Confidence  
Patience, Patience  
Overcome Selfishness  
You're Smarter Than That  
Get Over Old Issues  
Homesickness  
Filling Nervous Silences  
Self Conscious  
Know Yourself  
Envy  
Over-Defensive?  
Stop Blaming Yourself  
Stop Apologizing  
Stop Gossiping  
Stop Comparing Yourself  
Stop Being Too Nice  
Emotional Stability  
Speak Out!  
Stick to Your Guns  
Nervous Laughter  
Be Less Irritable  
Decide Now!  
Stop Judging by Appearances  
Let Frustration Go  
Dealing With Disappointment  
Stop Being Picky  
Forgive Yourself  
Stop Arguing  
Stay Calm with THAT Person  
Feel Attractive Now  
Self Conscious  
What People Think  
Emotional Stability  
Don't be Embarrassed  
Develop Optimism  
Overcome Selfishness  
Cool Down Blushing  
Saying No

## PERSONAL DEVELOPMENT

Interview Anxiety  
Self Motivation Booster  
Public Speaking Confidence  
Improving Concentration and Focus  
Creativity Booster  
Increase Emotional Intelligence  
Achieve Your Potential  
Overcoming Procrastination  
Motivation At Work  
Believe in Yourself  
Best Man Speech  
Creative Thinking Strategy  
Speaking Foreign Languages  
Organize!  
Rich Thinking  
Making Decisions  
Persevere!  
Personal Improvement  
Money Saver  
Enjoy Motherhood  
How to Ask for a Raise  
Boost Willpower  
Increase Self Discipline  
Meeting Nerves?  
Bad Boss?  
Wake Up Quickly  
Reach Your Goals  
Clean the House Happily  
Handling the Critic  
Seize The Day  
Call with Confidence  
Life and Soul  
Promoting Yourself  
Exam Preparation  
Be Funnier  
Lone Parent?  
Time Management  
Inner Power  
Starting New Job  
Drive to Succeed  
More Manly  
Be More Feminine  
Find a New Job  
Patient Parent  
Enjoy Dancing  
Improve Learning  
Be Luckier  
Release Creativity  
Lead from the Front  
Be More Intuitive  
Increase Sympathy  
Learn an Instrument  
Keep on Track  
Don't Be Late  
Confident Retirement  
Trade Calmly  
Recall Names  
The Hypnosis Habit  
Be Competitive  
Get Published  
Find Who Your Really Are  
Quicker on the Keyboard  
Return to Work  
Back to School  
Retain Read Information  
Complete Your Goals  
Read and Retain  
Experiment A Little!  
Increase Emotional Resilience  
Persuader  
How to Accept Compliments  
New Dad  
Quick Rapport  
Spell Well  
Obstacles Into Opportunity  
Your Life's Meaning  
Negative People  
Discover Your Passion  
Improve Tolerance  
Improve Objectivity  
Writing Songs  
Teach with Confidence  
Expand Your Comfort Zone  
Focus in Class  
Say What you Think  
Personally Courageous  
Write A Book  
Keep Going!  
Business Promotion Motivation  
Expect The Best  
Express Your Feelings  
Look Happier  
Saying Yes  
Which Career?  
Dealing with Uncertainty  
Not Your Parents  
Be An Entrepreneur  
Spend Less  
Think Big  
Handling the Critic

## TOP 5 HYPNOSIS PROGRAMS

New Year Life Alignment   Quit Smoking   Weight Loss   Stress Buster   Phobia's