

Hypnotherapist Ailsa Frank Launches Powerful New Recording to Help People Stop Drinking and Go Sober

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Renowned hypnotherapist Ailsa Frank, who has already helped thousands reclaim control over their drinking habits, is proud to announce the release of her new hypnotherapy recording: “Stop Drinking Go Sober.” This expertly designed program is set to transform lives by addressing alcohol dependency at its core and is now available in the Habit Breaker section of the Feel Amazing app.

Empowering People to Reclaim Their Lives

Alcohol dependency remains one of the most pressing health concerns globally, affecting relationships, careers, and physical and mental well-being. Ailsa Frank’s recording offers a compassionate, effective solution for individuals ready to make a lasting change. By targeting the subconscious mind—the source of habitual drinking behaviours — this session helps listeners dissolve cravings, reprogram thought patterns, and create healthier choices.

A Revolutionary Approach to Sobriety

The “Stop Drinking Go Sober” hypnotherapy recording leverages Ailsa Frank’s 20 years of expertise. Unlike traditional approaches that rely on sheer willpower, this recording uses guided hypnosis to bypass conscious resistance and directly rewire the subconscious. The result?

Physical and Emotional Detox: Release the psychological and physiological hold alcohol has over your life.

Freedom from Cravings: Gradually eliminate emotional triggers and habitual urges.

Healthier Habits: Establish a new mindset focused on health, happiness, and confidence.

Frank’s distinctive techniques have earned her the title “Queen of Alcohol Reduction” by her clients, and this latest release is a culmination of her proven strategies for achieving lasting sobriety.

Testimonials from Early Users

“I’ve gone from extreme drinking, blackouts, and wasted weekends to enjoying a happy, sober life on the sofa. It feels like freedom.”

“The need for alcohol has slipped from my thinking since using this recording—it’s been life-changing.”

Ailsa Frank: Trusted Hypnotherapy Expert

Frank’s work has already transformed thousands of lives, earning her accolades as a leading voice in alcohol reduction and hypnotherapy. Her techniques are tailored to ensure anyone can feel safe and supported during the process of change.

“I believe everyone deserves the chance to live their best life without being controlled by alcohol,” says Ailsa Frank. “With this recording, I aim to make sobriety not just achievable but empowering.”

Accessible, Affordable, and Effective

The recording is available as part of the Feel Amazing app, which features over 50 titles addressing life challenges. Users can purchase access to “Stop Drinking Go Sober” individually for £14.99 or gain unlimited access to all titles with a full membership starting at just £45. The program also includes a 30-day money-back guarantee, making it a risk-free opportunity to change your life. Go to the Apple App Store or Google Play to get the Feel Amazing app or visit www.ailsafrank.com (<https://www.ailsafrank.com>)

Why Journalists and Influencers Should Share This Story

A Growing Need: Alcohol consumption skyrocketed during the pandemic, and demand for effective, accessible solutions has never been higher.

Science Meets Accessibility: Hypnotherapy is a proven, evidence-based tool for behaviour change, and Ailsa Frank’s recording brings this powerful approach into the privacy of users’ homes.

A Compelling Human Story: Ailsa Frank’s journey to becoming one of the UK’s most trusted hypnotherapists showcases the transformative potential of her techniques.

Get Started Today

To learn more about the “Stop Drinking Go Sober” recording or to purchase, visit links:

Stop Drinking Go Sober

(<https://www.ailsafrank.com/shop/stop-drinking-go-sober-loss-hypnosis-download-app-ailsa-frank.html>)

www.ailsafrank.com (<https://www.ailsafrank.com>)

www.feelamazing.app (<https://www.feelamazing.app>)

Link to the app stores (<https://feelamazing.page.link/6BG2>)

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Start your journey to freedom from alcohol today and inspire others to do the same. Share the story of transformation with your audience.

If you want to try the Feel Amazing app, which includes this recording, please contact us.

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