

Half an hour a day keeps Christmas stress away

Submitted by: Natal Hypnotherapy

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Christmas can be one of the most stressful times of year - extra financial responsibility, dealing with relatives, an overload of people, alcohol, food, and over-excited children can all contribute to increasing levels of stress and anxiety.

Stress can cause everything from lost libido and depression to a heart attack and is one of the biggest health problems facing people today.

Self Hypnosis has been shown to be an effective and powerful tool in aiding relaxation and combating stress, and with the new Relaxation and Stress Management CD, it takes just half an hour in the privacy of your own home to feel refreshed, calm and confident. At just £16 it is becoming a popular way to manage stress, meaning you won't have to spend half your salary travelling to a Buddhist retreat to relax!

This highly effective self-hypnosis CD plays soothing background music while the calming voice of qualified clinical hypnotherapist Maggie Howell takes you into a state of guided relaxation. This will not only help you deal more effectively with stress but also get better sleep, feel more in control and able to deal with all the challenges that Christmas brings.

Maggie Howell comments: "Christmas can be a very challenging time for all of us, where stress levels can reach unacceptable highs. With this CD you can learn techniques to help you manage stressful situations more effectively, feel calmer and more in control, whilst providing immediate relaxation in just half an hour."

Available from www.hypnosis-eft.co.uk or www.natalhypnotherapy.co.uk

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For further information or a sample please contact

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