



**“Who’s your Hypnotist?”**

**Jeffrey Rose, CMH**  
**HOLISTIC HYPNOTHERAPIST & PHILANTHROPIST**  
Advanced Hypnosis Center  
[www.ahcenter.com](http://www.ahcenter.com)

**“You will not only resolve your particular personal challenge, but also receive an infusion of confidence and mindfulness to achieve a higher state of health”**

Jeffrey Rose

Do you dream of eating better ? Sleeping more ? Do you want to stop smoking ? Are there any bad habits that you want to break free from ? Well, all it takes is to walk in and then walk out of a session with Jeffrey Rose, CMH. There is no medicine required, no long-term analysis of your past traumas. After all, it’s not too late to conclude this year with those wishes from your 2016 New Year’s resolution. Sounds easy? I’m in. How about you? Let’s meet Mr. Jeffrey Rose to discuss Hypnotherapy.

#### **Who benefits from it?**

Anyone of sound mind and a willing attitude can achieve spectacular results and benefits through the use of this powerful modality.

#### **Why would anyone see a hypnotist?**

Hypnosis is a natural process and has been around since the dawn of time. The art and practice we know today by the word “hypnosis” has been used by practitioners throughout recorded history to remedy all sorts of “evils” and “maladies.” Only recently with the advent of the information age has this modality become more mainstream, and yet the occupation of “Hypnotist” still raises many eyebrows ... Who would want to see a hypnotist ? Virtually anyone with a problem that cannot be dealt with by “conventional” means. Anyone with a habit in need of correcting. Someone who might want to lose weight or fall asleep faster. Do you want to quit smoking? Perhaps you might need more motivation to succeed. The list goes on...

#### **What is hypnosis helpful with?**

A hypnosis session can help a client think and behave like a thinner person, lose a desire for cigarettes, sleep better, break bad habits, stop nail biting or hair pulling, stop reliving a bad relationship, be more confident during an interview or while giving a presentation, or gain social & dating confidence.

#### **What can you expect during a hypnosis session?**

Prior to your hypnosis session, you will be emailed our Confidential Questionnaires for you to answer. This will help me prepare for a more productive session. As you respond to these intakes, you will gain a more thorough understanding of the challenge that you have been dealing with and can begin the process of change even before the appointment. When you arrive for your session, I will first discuss your lifestyle and coach you in any area where you can improve on. Prior to doing the actual hypnosis, I will learn about your motivation for seeking change and teach you about how hypnosis works. (continued on next page).