

FREE AT LAST
HYPNOSIS

Self-Hypnosis Workshop

January 6th, 2016

Erika Slater CH

Workbook

Free At Last Hypnosis - Self-Hypnosis Workbook

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YOUR BLUEPRINT:

CONSCIOUS MIND:

SUBCONSCIOUS MIND:

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HOW YOUR BLUEPRINT IS FORMED:

THE GATEKEEPER:

REWRITING YOUR BLUEPRINT:

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WHAT TO WORK ON:

HOW TO CREATE YOUR SUGGESTIONS:

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Resource Page:



As promised we have created a special resource page for this workshop where you can download all the PDF and MP3 material created for this session.

You can find the special resource page here:

<http://www.freeatlasthypnosis.com/shwresources/>

Please do not share this link with anybody. If you've enjoyed this workshop and know of somebody who would be interested in attending the next one then send them the link to the registration page here: <http://www.freeatlasthypnosis.com/learnsh>

Popular & New Services



Private Weight Loss:

Our signature weight loss program is designed for those who know weight loss is so much more than just a diet plan. If you need help in overcoming habits such as emotional eating, snacking, binge eating, sugar and carbs addictions, and tired of the merry-go-round of losing weight and gaining it all back then this may be for you. This is an intensive four-session program customized for each client and includes reinforcement CDs/MP3s and lifetime access to our special resources. Group program available.

Discover more here: <http://www.freeatlasthypnosis.com/weightloss>



Stop Smoking Programs:

My Quit Smoking program eliminates cigarettes from your life for good. This has been one of my core services for the last 11 years. Pick from my one session private session or small group (max. 10 people) sessions.

Private program customized to your individual circumstances and conducted at your convenience. Group program is two pre-scheduled sessions. Learn more about both here:

<http://www.freeatlasthypnosis.com/stopsmoking>



Sugar Addiction:

This is two sessions and tackles sugar and carbohydrate addiction. You see sugar addiction is not just about your sweet-tooth for candy, cakes and ice cream, carbohydrates are also soaked in sugar.

If you're the queen or king of carbs then this short program is for you. More information here:

<http://www.freeatlasthypnosis.com/sugaraddiction>



Confidence and Self-Esteem:

Many people are held back from achieving their goals and dreams because of lack of confidence and low self-esteem. But there is no reason this should be the case. This program will show you how to kick-off the damaging habits of a life time and replace them with highly effective habits confident

people use all the time. These habits can be learned and your program will help you overcome whatever is holding you back in life.

We plan to offer a group 6-month program in early 2015. Watch out for details. More here:

<http://www.freeatlasthypnosis.com/selfesteem>

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Stress & Anxiety Management:

The fast-paced and results-driven world you live in today has a *punishing impact* on your emotional well-being. The medical profession believes many *illnesses are related to stress and anxiety*. If you're *feeling overwhelmed* and finding it difficult to cope or relax, then this program could help you.

Learn more here: <http://www.freeatlasthypnosis.com/stress>

While Hypnosis can be used to overcome many challenges and phobias and too many to mention here, it can also be used to help with personal development such as goal setting and achieving those goals. These goals can be related to wealth or fitness or health. People have nothing to fear from hypnosis and I would welcome your questions and discussion about how hypnosis can help you be everything you want to be and set new directions in your life.

I can't wait to hear from you.

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About Free At Last Hypnosis:



Erika Slater, CH provides the hypnotherapy services for Free At Last Hypnosis.

Erika enjoys working with people who are totally ready for change of habits and direction in their life.

She gives them the tools to have more control while getting them to understand how amazing and powerful their mind is as a resource to effect permanent change in their life.

Erika received her training and certification in hypnosis from the National Guild of Hypnotists, which is the largest hypnosis organization in the world. She has also studied with Igor Ledochowski through his Hypnosis Training Academy.

She conducts her services under the National Guild of Hypnotists strict code of ethics and conduct, which means you can expect her commitment and best effort to achieve a satisfactory result for you.

Erika has published articles on quit smoking and weight loss and written eBooks about smoking cessation, hypnosis and NLP. Erika continues to be a student of hypnotherapy and has an ongoing investment in current techniques and advances in the field of hypnotherapy for the benefit of her clients.

Erika is a full time professional hypnotist and has been in private hypnotherapy since 2004. She operates her hypnosis programs out of her office in North Grafton, conveniently located to serve the Worcester Massachusetts region and Metrowest Boston area.

In addition to giving workshops Erika also works directly with clients in private or group sessions. Check out her website at <http://www.freeatlasthypnosis.com> for complete list of services she offers, along with a large free resource section of articles about related topics.

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