

LIMITED SPACES AVAILABLE
DON'T MISS OUT!

Calling people
of Watford.

*Are you
feeling stressed
or anxious?*



Do you ever...

- ✓ Find it difficult to be confident and calm in stressful situations?
- ✓ Is it stopping you from being promoted at work, or maybe from enjoying social gatherings?
- ✓ Do you wish there was a relaxing place to go where you could discuss your issues in confidence, without fear of recrimination?

If you answered **YES** to any of the above questions, please feel free to contact me, to receive your “stress-free” complimentary consultation and Hypnotherapy session. Find out how I can help you go forward to a better future, feeling good about yourself.

In this complimentary session you will discover...

- ✓ Simple techniques to relax and relieve anxiety whenever you need to.
- ✓ How breathing can affect your mood and how breathing correctly, can help you relax.
- ✓ A couple of easy techniques that can help you sleep better.

To claim your confidential, complementary “STRESS-FREE” consultation and Hypnotherapy Session, all you have to do is Call Renie Price on 07956 002 424

See You Soon :-)

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Therapy⁴ Stress



Here's what some
of our clients say
*about our
life changing
techniques.*

As a doctor, I felt sceptical, even suspicious about the use of complimentary therapies. Unless there was a tablet I could throw at the situation, I wasn't interested. That is, until, I found myself in the unfortunate (though enlightening) position of being the patient, when I was diagnosed with breast cancer. I started seeing Renie at my local cancer support centre upon the suggestion of a Macmillan nurse. I was highly anxious and felt very bleak at the time. When I started hypnotherapy with Renie, I was surprised that the effect was dramatic and immediate, but also cumulative. I found the experience positive and calming and left each time with a sense of well-being. I continue the visualisation techniques at home even now.

A.M.W

I wanted to write and thank you, for well changing my life. I don't think you will really ever completely understand what you have done for me. I have suffered from a needle phobia all my life and simple blood test would reduce me to panic and tears, I would be sobbing like a child and hyper ventilating just with sheer panic over the thought, even driving to the doctors I would start to cry just knowing what was to come. After one session with you where we addressed the needle phobia, I said I have a blood test in 2 days, off I went to the hospital no tears on the journey then I had my tissues ready and nothing no tears, no panic! To be honest after the blood test was done I cried with tears of joy so the tissue did come in handy.

Paula

I came to see Renie for help with confidence and dealing with anxiety issues stemming from the past. I had an initial consultation then three other sessions. In the first session I was taught a tapping technique to deal with anxiety, I found it very useful to have a physical technique to focus on when I found myself feeling anxious. Interestingly I have only had to use it a couple of times so far.

R.W

Contact Renie Price

Call 07956 002 424
Email renie@therapy4stress.com
Visit www.therapy4stress.com

