

# Hypnotherapy for addictions, phobias, shyness



Location **Scotland, Strathclyde**  
<https://www.freeadsz.co.uk/x-409770-z>

Have you had enough of your problems? The fears, compulsions, habits, and repetitive thoughts which prevent you from getting the most out of life.

Merely surviving can seem like a struggle, never mind unfolding the massive potential which exists within us all. Those habits and fears are not only a nuisance in themselves - they prevent you from being the person you know you can and should be.

And yet these struggles can be viewed in some ways as a blessing, the discontent being a sign that you are ready to shift to the next level.

Best Self Therapy ([bestselftherapy.com](http://bestselftherapy.com)) offers counselling and hypnotherapy which will get to the root causes of what ails you, factoring in every aspect of what it means to be human - body, mind, emotions and beyond.

You can dissolve your attachment to destructive habits; drop the fears which inhibit you; soar above the shyness or lack of confidence which hold you back. All is possible by working at the deepest level of your mind.

Whatever the nature of your problem, it can and will pass. Working together we can make sure that happens sooner rather than later.

I look forward to hearing from you and having a chat about how you would like to evolve.

Best wishes, Martin

[Bestselftherapy.com](http://Bestselftherapy.com) ;



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