

# Want more out of life Get ready to thrive





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**Want more out of life?  
Get ready to thrive!**

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*Do you need more **balance** in life or **guidance** on any issues? Talk to me! I help people with anxiety, health challenges and emotional worries to overcome blocks, gain **clarity** and make lasting changes. I combine a variety of modalities to help clients regain their energy, find healing, balance and strength. **Free 15 min consultation!***

**Areas I work with are:**

- Release stress and anxiety
- Achieve work-life balance
- Reach your goals fast
- Overcome self-sabotage
- Health issues and pain relief
- Weight control
- Cravings and addictions
- Fears and phobias
- Your specific challenge




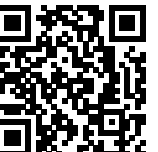






Sandy is a fully qualified Psychotherapist, Hypnotherapist & EFT Practitioner.  
£60 for a 1 hour session or £75 for 90 mins.

**Call/Text: 07951024580**  
**email: sandyinbrighton@gmail.com**  
**£10 off your first session with this flyer**  
**Find healing & balance now!**

Location: Holistic Health Clinic Brighton  
 53 Beaconsfield Rd, Preston Circus, BN1 4QH

Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-460496-z>

Do you need more balance in life or guidance on any issues? Talk to me! I help people with anxiety, health challenges, lack of motivation and emotional worries to overcome blocks, gain clarity and make lasting changes. I combine a variety of holistic modalities to help clients regain their energy, find healing, balance and strength. Free 15min consultation. Areas I work with: release stress and anxiety, achieve work-life balance, overcome self-sabotage, reach your goals fast, fears & phobias, cravings and addictions, pain relief and others. Special offer: £10 off your first session. Free 15min consultation. Call 07951024580 or email [email&#160]

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