

# Hypnotherapy, Sports Hypnosis, and Life Coaching



Location

South East, East Sussex

<https://www.freeadsz.co.uk/x-527219-z>


I work with Clinical Hypnosis for a wide range of physical, emotional and behavioural conditions. Pain management, MS, IBS, tinnitus, weight, unwanted behaviours (i.e. smoking, drinking, nail biting, unhealthy eating, etc.), phobias, PTSD, emotional management and more. Having also specifically trained in Sports Hypnosis, I very welcome clients interested in improving their professional or amateur performance through mind training, speeding up injury rehabilitation with hypnosis, and helping managing weight and nutritional patterns with my training in Nutrition. In addition to work with you in my practice I offer out-call service as far as you can provide a space without interruptions during the sessions (usually between 60 to 90 minutes). More details can be found on my website: [www.noushypnosis](http://www.noushypnosis)



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