



HYPNOTHERAPY: THE DRUG AND DIET FREE METHOD TO ACHIEVE LASTING POSITIVE CHANGE

By: Sean Maness, C.H.P



MANESS HYPNOSIS

www.ManessHypnosis.com

TABLE OF CONTENTS

Introductory Letter From Mr. Sean Maness C.H.P..... 3

Why Hypnotherapy Works..... 4

Why Use Hypnotherapy Over Other Methods?..... 5

What Hypnotherapy Can Help You With and What It Cannot 6

Famous Celebrities Who Used Hypnotherapy..... 7

Why Maness Hypnosis?..... 8-9

Google Reviews From Some Of Our Over 1000 Happy Clients 10-11

Closing Letter From Mr. Sean Maness C.H.P 12



MANESS HYPNOSIS

INTRODUCTORY LETTER FROM MR. SEAN MANESS

Dear Friend,

If you are researching solutions to change your negative habits or thoughts, either for yourself, your spouse, or a loved one, you are in the right place. In your search for finding the right solution for you, you will most likely find there many options available, but it is important to know that not all options are created equal.

At Maness Hypnosis, our mission is to empower people to make lasting positive changes in their lives. To achieve our vision, and to help you choose the right solution for you, I put this report together.

Sincerely,

Sean Maness

Mr. Sean Maness C.H.P.

Board Certified Hypnotherapist (International Board Of Hypnotherapy)

Owner of #1 Highest Rated Hypnotherapy Practice In Texas, Maness Hypnosis



I want you to be educated about your options and feel extremely comfortable with your choice of solution for your particular issue. After reading this report, you can also browse our website, ManessHypnosis.com or simply call us for more information at 469-458-0187

What Is Hypnotherapy?

Hypnosis is a natural state of mind, like sleep, that everyone can experience. Daydreaming, deep thinking, and even zoning out can all be considered hypnosis. You already experience hypnosis every day. It's part of the human experience. As hypnotherapists we help you harness this natural state of mind for your own benefit, namely to create lasting changes. Hypnosis is not magical or related to anything having to do with the occult. Hypnosis done by a trained professional is a proven method of changing many negative habits and fears.

WHY HYPNOTHERAPY WORKS

What Is Hypnotherapy Like?

While you are in hypnosis, your body and conscious mind are in a naturally relaxed state, while the subconscious mind remains very alert and receptive to positive suggestions for change. In hypnosis, we simply help you “unlearn” undesirable behaviors/thoughts and “learn” positive behaviors/thoughts to replace them. In other words, we help you reprogram your subconscious mind to make it congruent with what you consciously desire.

Hypnotherapy is a much more than positive suggestions. In fact, positive suggestions account for about 20% of the time spent in sessions with our clients. The other 80% is spent doing a series of highly-specialized hypnotherapy processes to help you resolve the negative subconscious blocks that are currently preventing you from achieving your goals.

What Hypnotherapy Is Not

Unlike 99.9% of the things you see on TV and in the movies, hypnotherapy cannot be used to make anyone do anything or say anything that they don't already want to say or do. Agreement and willing participation are required to work with a professional hypnotherapist and to see the positive benefits from hypnotherapy . Unlike stage hypnosis , which is done for entertainment , hypnotherapists help people change their habits and achieve their goals more quickly than working by themselves. There is no entertainment value to what we do but it will help you create lasting positive changes.



Over 1000 Happy Clients Served At Maness Hypnosis

Visit: ManessHypnosis.com or Call 469-458-0187

WHY USE HYPNOTHERAPY INSTEAD OF OTHER METHODS

Initiating change at the conscious level can be very difficult. The conscious mind makes up only around 5-10% of our total mind power. By contrast, the subconscious mind encompasses the other 90-95%. This vast portion of our mind houses the “subconscious story” or “programming” that influences virtually everything we do. Unless you re-write these scripts in the subconscious mind, you will continue to repeat the past over and over again in your relationships, your eating habits , your weight , your thoughts , and emotions.



This is unfortunately why most people “lead lives of quiet desperation” as Thoreau so aptly put it. Through various experiences in life, we have formed hidden “programs” called beliefs, which control our day to day habits and therefore determine the quality of our lives. If you ever feel conflicted or constantly stuck, know that there is nothing “wrong with you”. The past is simply repeating itself and there is a way to end this cycle for good. Because hypnotherapy is the art of rewriting subconscious programs, it is very effective at turning the subconscious mind into a powerful “goal machine” that works behind the scenes, 24/7, to create positive, lasting changes in our lives.

If other methods haven’t worked in the past it is simply because what you used before was a “conscious mind” approach that was extremely limited. Hypnotherapy is a method that can help you make DEEP internal shifts in your thinking, habits, and beliefs. Unlike many antiquated forms of hypnotherapy, this is not an airy fairy solution that is “all placebo effect”. With our proprietary approach to hypnotherapy you will never have to wonder if it is working for you, you will see it and FEEL it. You will be able to clear the negative emotions and thoughts from the past, and experience lasting peace and freedom in your life.

WHAT CAN OUR HYPNOTHERAPY PROCESS HELP YOU WITH?

- ✓ **Weight Control/Loss**
- ✓ **Changing Eating Habits/ Emotional Eating/ Binge Eating**
- ✓ **Resolving Generalized Anxiety**
- ✓ **Resolving Social Anxiety**
- ✓ **Resolving Performance Anxiety**
- ✓ **Stress Reduction/Control**
- ✓ **Processing Unwanted/Negative Emotions**
- ✓ **Increasing Confidence**
- ✓ **Changing Habits**
- ✓ **Resolving Phobias**
- ✓ **Resolving Stress And Anxiousness That Is Contributing To Health Problems**
- ✓ **Resolving Anxiety During Sex**
- ✓ **Reducing Test Anxiety**
- ✓ **Increasing Focus and Productivity at Work**
- ✓ **Resolving Fear/Anxiety While Public Speaking**
- ✓ **Resolving Fears/ Flashbacks (Fear Of Flying Etc)**
- ✓ **Negative Relationship Patterns**
- ✓ **And Most Emotional/ Mental Issues(See Below For Exceptions)**

WHAT HYPNOTHERAPY CANNOT HELP YOU WITH

- ✓ **Alcohol and Drug Addiction** (This is a chemical addiction that needs to be addressed by an addiction counselor/psychologist)
- ✓ **Serious Mental Illnesses** (bipolar disorder, schizophrenia, etc.) Please see a counselor or psychotherapist for these issues. Anxiety or depression does not fall into this category.
- ✓ **To Treat Physical Medical Issues.** Although doctors refer clients to me all the time, I help clients with mental and emotional issues that are stopping them from full recovery . I can only help with the mental and emotional components of the issue. Hypnotherapy is not a tool to diagnose or treat medical or physical problems.

Visit: ManessHypnosis.com or Call 469-458-0187

WHAT DO ELLEN, ADELE, FERGIE, JESSICA ALBA, DAVID BECKHAM, AND MATT DAMON HAVE IN COMMON? THEY HAVE USED HYPNOTHERAPY TO HELP THEM ACHIEVE THE LEVEL OF SUCCESS THEY CURRENTLY ENJOY



ELLEN



ADELE



JESSICA



MATT DAMON



DAVID BECKHAM



FERGIE

WHAT OTHER CELEBRITIES HAVE USED HYPNOTHERAPY?

- ✓ **Tiger Woods (American Golfer)** - He has amassed the most career earnings of any player in PGA Tour history, even after inflation is considered.) Golf Improvement and Peak Performance
- ✓ **Bruce Willis (Actor)** – Overcome Stuttering
- ✓ **Olivia Munn (Actress)** – Stop Obsessive Habits and Exercise Motivation
- ✓ **Sam Smith (Singer-Songwriter)** – Stop Obsessive Habits
- ✓ **Lily Allen (Singer-Songwriter)** – Weight Loss
- ✓ **Albert Einstein (Physicist)** – Access deeper depth of creativity
- ✓ **Winston Churchill (Former British Prime Minister)** – Handle stress and stay awake

WHY MANESS HYPNOSIS?

Award-Winning Board Certified Clinical Hypnotherapist With Experience And Expertise

Sean Maness is an exceptional, board-certified clinical hypnotherapist in Dallas, TX, with extensive training in the areas of hypnosis for weight loss, hypnosis for anxiety, hypnosis for confidence/self-esteem, hypnosis for fears and phobias, and hypnosis for binge eating/overeating. His outstanding talents have earned him numerous awards and reviews from all of his over 1000 happy clients.



Exceptional 5-Star Reputation and Service-#1 Rated In Texas For Hypnotherapy



At Maness Hypnosis, you can expect 5-star service from every member of our team. On the phone, our staff will be courteous and respectful. In your hypnotherapy sessions, Mr. Maness will be informative and address any questions or concerns you have about your care, and its progress. At the end of the appointment, you should expect nothing less than 5-star satisfaction! This is how we have become the #1 rated hypnotherapy practice in the State of Texas and have served over 1000 happy clients in the Dallas area.

Trained In Modern, Clinically-Tested Hypnotherapy Techniques

Mr. Sean Maness, has undergone extensive training in hypnotherapy and is board certified by the International Board of Hypnotherapy. The International Board Of Hypnotherapy requires 5 times the national average of training in hypnotherapy, more than any other board. The Hypnotherapy Academy of America, where Sean was initially trained, only teaches hypnotherapy techniques that have been proven scientifically to be effective.



Visit: ManessHypnosis.com or Call 469-458-0187

Proven 5 Step Hypnotherapy Process with An Unmatched Success Rate

At Maness Hypnosis, we follow the specialized 5-step hypnotherapy process developed by Mr. Sean Maness, which has proven to work for weight loss, changing unwanted habits like emotional eating, resolving fear/ phobias, resolving anxiety, increasing self confidence, and more. With our proven 5-step hypnotherapy process, you will be able to make a lasting change and eliminate the risk of future relapse. We didn't have space to outline our process in detail here, please call us at 469-458-0187 for information on how our specific process works.



All Our Programs Are Customized To The Needs Of Each Client



Hypnotherapy is never a one-size-fits-all process. Every client who visits Maness Hypnosis comes to us with their own unique list of needs, concerns, and desires. This is one reason why your initial consultation with Mr. Maness is a critical step in your overall transformation. During this first appointment, Mr. Maness will listen to your situation, and then he will educate you fully on how the hypnotherapy process works. He will help you visualize your positive outcome to ensure you will

be happy with your end results. Regardless of your needs and your reasons for visiting Maness Hypnosis, you can feel confident that you will leave our hypnotherapy center feeling like one of a kind.

GOOGLE REVIEWS FROM JUST A FEW OF OUR OVER 1000 HAPPY CLIENTS

Maness Hypnosis

4001 McEwen Rd #408, Dallas, TX

[Write a review](#)

5.0  79 reviews 

Sort by: Newest ▾

All confident 20 results 17 goals 13 relationship 12 +6

A **Amanda Hassard**
1 review

 2 years ago

Before purchasing services at Maness Hypnosis. Every single time I would go out with friends to eat I felt pressured to eat what they ate. This consisted of fries, milkshakes, and other calorie-rich foods. When I ate healthily they would criticize me for doing something different. I also had to be made to eat healthy in the past, instead of wanting to for myself

I can now go out to eat with friends regularly and eat healthy/ stay within my proper calories. I never did that even once before. I honestly don't care anymore whether I lose friends, I am focused on my eating and weight loss goals. With the customized recording they gave me it feels like I have a personal coach with me conditioning me every day for positive habits, even when I am not doing sessions.

I used to eat ice cream late every night and for weeks I haven't even thought about ice cream. I am also internally motivated now, no one has to make me eat right, I want to. I am following my food plan and exercising regularly. It makes me feel like I am doing what I finally want to do.

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C **Carrie May**
Local Guide · 10 reviews

 a year ago

I am in my late 40's and my weight was out of control. I couldn't do anything about it. With sessions, I have been able to identify why I have a weight problem, and get to the root cause. Next, I was able to identify the emotional issues contributing to the problem and working through them. I now have the tools to move forward in a healthy and balanced way. I could not have achieved what I did without this program. I am now down 23 pounds! This program brought everything together for me. At first, it was hard to share my emotional issues. It was a little scary to open up. It has been great working with someone who is objective and knows what questions to ask. I would recommend Maness Hypnosis to anyone who wants to get to the core of solving a weight issue and anyone needing to move forward with a significant change in their life and make their future different from their past.

Maness Hypnosis

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- All
- confident 20
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- relationship 12
- +6



Stacey S

4 reviews



 7 months ago

I am beyond pleased at the progress I have seen from working with Sean. I used to experience high levels of anxiety weekly, and hardly notice feelings of anxiousness anymore. It is clear that Sean puts a lot of thought into how best to help his clients. He is well prepared every session with ideas individualized to my needs. Will does a great job in letting clients know what to expect before coming in for a first appointment, and is always a friendly face to see in the office. I am very thankful to them both for helping me gain confidence and restore a sense of joy and calmness in my life again

 Like

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[Write a review](#)

5.0  79 reviews 

Sort by: Newest 

- All
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- +6



Luke Waley

4 reviews



 10 months ago

Maness hypnosis has been a huge help to me! I was having lots of trouble with anxiety and depression. Within 3-4 weeks, I noticed that my anxiety was basically gone. My depression has seen vast improvements as well. If you're on the fence about this, I highly recommend you give it a try!

 1

CLOSING LETTER FROM MR. SEAN MANESS

Dear Friend,

I hope this report has helped you learn more about hypnotherapy in general and potentially show you how we can help you, your spouse, parent or other loved one. To accomplish our mission of creating lasting positive change in the lives of as many people in the Dallas Area as possible, we would be honored and grateful to meet and learn more about how we can potentially help you or a family member make a change in your life.

If you have questions, please feel free to go to ManessHypnosis.com or contact my office.

We are always here to answer your questions.

Sincerely,

Sean Maness

Sean Maness C.H.T.

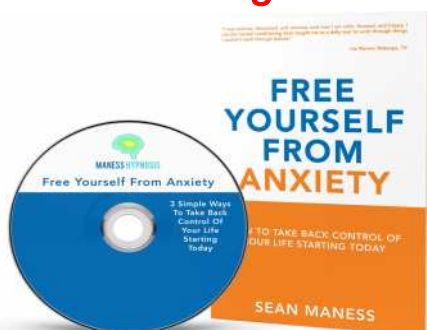
Board Certified Hypnotherapist (International Board Of Hypnotherapy)

Owner of #1 Highest Rated Hypnotherapy Practice In Texas, Maness Hypnosis

PS. When you are ready to schedule your initial assessment and consultation simply call 469-458-0187. This assessment will reveal the approach that will work best for you to get results. It is truly the “missing piece” in the change process. It is what all the other approaches that haven’t helped you were missing. This information is yours, even if you don’t become a client of ours.



FREE COPY OF SEAN MANESS'
Best Selling Book



Go To: www.FreeAnxietyBook.com

Visit: ManessHypnosis.com or Call 469-458-0187