

Yes, You **CAN** Stick to Your New Year's Resolutions... Here's How

In the last few weeks I've been getting many emails offering to upgrade my life with the latest diet, the one that really works; or maybe that detox that will rid me of all the toxins that make me look fat. And, to back it up, gyms are offering special deals. No doubt you've been getting these too.



The new year brings with it hope that things can change...finally. Whether it's our health, our spiritual self, our outlook on life...it's as if we get a new chance to freshen our lives with our can-do hopes. But, oh, the disappointment when we can't follow through...AND, there's always a good reason that prevents us from doing so.

We are like yoyos that snap back into the holder, *our habits*. Those are hard to break and

it's as if they control us and keep us from the change we want. **How do we challenge those habits which keep us from the goals we aspire to? How do we change our mind?**

Just think of this...If you change your mindset, you can produce real change.

OK, easier said than done but, you know, it's being done all the time by others so why shouldn't you be part of this? We no longer have to be victims to our past habits and transformation is more possible than ever.

Hypnosis is a very potent way to stick to your resolutions. It will strengthen your mindset and help you to remain resolute on reaching your goals. After all, there's a reason it's been around for 200 years...it works.

We are currently in a renaissance of hypnosis because of discoveries in neuroscience of how the brain works. Now we understand so much more about why it's so effective. And with this have come more ways to coax the brain to change.

Want to lose weight? Diets are better than ever, but staying on them is the trick. The bigger accomplishment is keeping the weight off once and forever. But how?

Answer: Disabling the triggers which cause the cravings.

Want to go work out or use your body more? Fine...but why is there always something else to do that's more important?

Answer: Change that sluggish habit to one of needing to move your body more.

Want to upgrade your spiritual life but can't find the time to meditate?

Answer: Persuade your mind that you have the time because this is important to you.

If you have made resolutions that you want to be successful, consider giving hypnosis a try. It can help you achieve your goals and desires. Don't allow yourself to reach January 1, 2021 without achieving your goals.

With hypnosis, 2020 can be your milestone year of Real Change.