



You CAN Keep Your New Year's Resolutions!

with Barry Wolfson of the Hypnosis Counseling Center

Many of us choose the New Year to make a new start. Most of us make New Year's Resolutions to do it. Almost none of us keep them. It's not that we don't want to make the changes, we are usually very sincere. The problem is we try to tough it out alone using sheer willpower. However, many of the resolutions involve long term habits and are difficult to change without help. That's where hypnosis comes in. Hypnosis is a very effective tool to help this year's resolution come true.

Eliminate yo-yo dieting forever! Never diet again! Outrageous claims? They're not. Learn to eat healthy satisfying meals get to your ideal weight and maintain it for life Accomplish all this without drugs, fad diets, dangerous herbs expensive meal plans or special foods. The only tools you need are your own mind and the desire to do succeed. Hypnosis is safe, medically approved and best of all – it works.

Stop smoking without anxiety, weight gain or mood swings. Smoking addiction is one of the strongest and most difficult to break. Discover what thousands have learned – hypnosis can eliminate cigarettes for your life finally and painlessly.

To find out more about hypnosis therapy, visit www.hypnosisnj.com.

Tuesday, January 10 at 7:00 pm
Hunterdon County Library
314 Route 12, Raritan Township

This program is FREE and open to the public.

Space is limited. Reservations can be made by calling (908) 788-1434 or by visiting our web page Events Calendar at www.hclibrary.us