

Lovers of All Ages Look to Hypnotherapy For Romantic Solutions

With Valentine's Day around the corner, February is a perfect time to focus on creating, healing and strengthening relationships.

MOUNTAIN LAKES, N.J. - Jan. 23, 2018 - [PRLog](#) -- According to Jennifer Stone, Ph.D, it makes sense to try hypnotherapy long before firing up your dating app or signing up for an online dating service.

"Love has nothing to do with fate or luck or Cupid showing up on time. It's all about how you feel about yourself and getting the love you deserve. Often people have subconscious fears or blocks that inhibit them from being in the kinds of satisfying relationships they want," Dr. Stone says.

According to Stone, "Sometimes people feel overly nervous or unworthy of love. Sometimes they carry around negative experiences, feeling defeated, fearing rejection. Sometimes they chase after the wrong type of person over and over again, constantly regretting their choices."

The central problem lies with the way the mind works.

"The subconscious mind has a profoundly powerful influence on our thoughts and behavior, especially in matters concerning love and romance. When conscious desires and subconscious beliefs are out of whack, that's a formula for frustration. Hypnotherapy is the best way to address beliefs at the subconscious level," Stone notes.

During hypnosis, clients feel extremely relaxed, as if their stress and worries are melting away. In this relaxed condition, the analytical, literal part of the mind moves to the side so that we can engage with the subconscious — emotional and habit-based part of the mind. Hypnotherapy then allows us to remove negative imprints and replace them with powerfully positive beliefs.

Hypnotherapy can also be used change bad habits so you can become your best self, and thus, an excellent romantic partner.

"Love is one of the best motivators on the planet. Long-standing bad habits — from smoking to porn and technology addiction to procrastination or lack of motivation to exercise — can be eliminated in just a few sessions. Then the guilt, negative emotions and shame carried with bad habits go to the wayside as well," Stone says.

One of the surprising things about hypnotherapy is that it can also help people enjoy themselves in bed.

According to Stone, "Subconscious beliefs about sex and pleasure can get in the way of intimacy. No amount of sexy lingerie, candles or chocolate will cure this problem. I help clients get rid of negative imprints from the distant and near past so that my clients are free to fully express their love with their partners."

For those who wish to add not just romance but babies to their families, hypnotherapy can even help women get rid of fears they have of pregnancy or the birth, and prepare mentally for the arrival of the baby.

BIO

Jennifer Stone, Ph.D is a Clinical Hypnotherapist. She sees clients in her office in Mountain Lakes, New Jersey, and on Skype and Zoom. Dr. Stone practices Rapid Transformational Therapy along with with

hypo-counseling. She is a member of the National Guild of Hypnotists (NGH). Her website is <http://www.JenniferStoneHypnotherapy.com>.

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