

Best Kept Secret at Tax Time Could Be Hypnosis

The Strange Way Hypnosis Can Help You Be A Badass When It's Time to File

MOUNTAIN LAKES, N.J. - Feb. 6, 2018 - [PRLog](#) -- With tax season upon us, many are dreading the ramp up to the filing deadline. The added stress can lead to sleepless nights, irritability with family members, over eating, or, for some, failure to file at all.

It's a time when Jennifer Stone, Ph.D, a hypnotherapist in Mountain Lakes, New Jersey, sees an increase in stress-related appointments.

"All of a sudden, you have to look at your finances closely. You also have to figure out how the changes in tax laws affect you. Then, you need to manage the paperwork. It can feel overwhelming. So, it's no wonder I see an uptick in stress-related appointment requests."

But how can hypnosis help? Can people be hypnotized to do their taxes with ease?

"While I can't hypnotize anyone to become like a computer or robot at tax time, just completely free of anxiety or overwhelm, I can help people work with their subconscious to unearth and reduce, if not eliminate, the mental associations that are producing the discomfort."

Stone can also give the subconscious suggestions that will help make the process simply feel easier.

For example, in hypnosis, one of Dr. Stone's clients learned that a deep seated fear of being judged and unfairly criticized kept the client from having productive discussions with his spouse about very simple tax matters, like whether or not to use a tax preparer, or even when to file. Tax time felt unsafe, filled with land mines.

"During hypnosis, the conscious part of the mind moves to the side. We dialog with the subconscious. My client was able to discover very quickly why his fear had been so deeply imbedded. I removed the fear, as if removing a splinter. Then I provided suggestions about how to trust his own abilities and speak freely."

Some people can get benefit from inexpensive hypnosis relaxation tapes available on the Internet. Others, however, need a person trained in hypnosis to help them collaborate with the mind to get at the root cause of what is bothering them.

"There is no doubt that stress impacts our mental and physical health. One of the best reasons to consult with a hypnotherapist at tax time is to halt the cascade of stress hormones that, if unchecked, leads to inflammation, insomnia, and coping mechanisms like smoking, drinking, or overeating."

And if dealing with smoking or weight loss happens to be your goal, too, here's even more good news. You could get a tax credit for seeing a hypnotherapist to address those issues.

United States tax laws passed in 2003 allows an IRS tax credit that reimburses 100% of the money you pay for for smoking cessation programs. If you are advised by a physician to lose weight, you can also be reimbursed 100% for weight loss hypnosis.

This is a tax credit – not a tax deduction, so that means 100% credit on your taxes!. It's almost as if your smoking cessation and weight loss hypnosis programs are free.

How's that for being a badass at tax time?

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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