145 Ways Hypnotherapy Might Help You

Abandonment Addictions Age Regression Aggression Agoraphobia Anesthesia Anger Anxiety Assertiveness Assist Healing Attitude Adjustment **Bed Wetting** Biofeedback Breathing Career Success Change Habits Childbirth Chronic Pain Communication Concentration Controlling Cramps Cravings Creativity

Dreams Exam Anxiety Exercise Fear of Animals Fear of Death

Death or Loss

Discouraged

Fear of Dentist Fear of Doctor Fear of Failure Fear of Flying Fear of Heights

Fear of Loss of Control

Fear of School Fear of Success Fear of Surgery Fear of Water Fears

Forgiveness Frustration Gagging Gambling Guilt

Hair Twisting Headaches Helplessness Hopelessness Hypochondria Hostility

Hypertension Immune System Impotency Improve Health Improve Sales Indecision Inferiority Inhibition

Insecurity
Insomnia
Irrational
Irrational thoughts
Irritability

Jealousy
Lack of Ambition
Lack of Direction
Lack of Enthusiasm
Lack of Initiative
Lower Blood Pressure
Medication Side Effects

Memory

Mistrust Moodiness Motivation Nail Biting Nausea

Negativism Nightmares Obsessions

Obsessive-Compulsive Overeating

Overly Critical
Pain Management
Panic Attacks
Passive-Aggressive
Past Life Regression
Perfectionism

Performance Anxiety

Pessimism Phobias Postsurgical

Premature Ejaculation

Presurgical
Problem Solving
Procrastination
Public Speaking
Reach Goals
Rejection
Relationship
Enhancement
Relaxation
Resistance

Resistance to Change Responsibility Restlessness Sadness

Self-Awareness Self-Blame Self-Confidence Self-Control Self-Criticism

Self-Defeating Behaviors

Self-Esteem
Self-Expression
Self-Forgiveness
Self-Hypnosis
Self-Image
Self-Mastery
Sexual Problems

Shame

Skin Problems Sleep Disorders

Smoking Social Phobia Sports

Sports
Stage Fright
Stress
Study Habits
Stuttering
Stubborn

Substance Abuse Superiority

Surgical Recovery

Tardiness Temptation Thumb Sucking

Tics
Trauma
Ulcers
Victimization
Weight Loss
Worry
Writers Block