



3 barriers to enjoying life to the full - and how to overcome them

Hello again

Is **stress, chronic pain or excessive weight** stopping you from thriving and enjoying life to the full?

If you answered "yes!", the good news is that these are all issues that can be managed, and overcome, when you have the right support, know-how, and life-skills. Let's take a look at a possible solution for each one.....

Stress was the subject of the third [Wellness in the Workplace report](#), published on 1 August. The report shows workload, pressure to meet work targets and long hours are all making people more stressed. The survey found that overall stress or anxiety levels had increased compared to two years earlier.

How do we avoid stress?

The best way, is to take responsibility for our own well-being and to develop and practice the life skills and habits necessary to limit the amount of stress we experience. To help people to learn these stress management life skills, I've designed a one day workshop. **Find out more below.**

Stress and pain often go hand. **Chronic pain** drains the joy and energy out of so many people's lives. Research shows that hypnosis can help with both sudden (acute) and long-term (chronic) pain. One of the hypnosis techniques I regularly use to help people suffering with pain is called the Arrow Technique. **Find out more below.**



Can stress make us put on **weight**? It's been known for some time that stress is connected to weight gain, because a high level of the stress hormone cortisol increases our appetite, drives cravings for “junk” food, and makes it easier for us to accumulate belly fat.

My work with overweight people focuses on changing their mindset towards themselves, food and exercise. Often fears, limiting beliefs and low self esteem contribute to a person's struggle with weight. My **Weight Hypnotherapy and You** coaching program is designed to overcome the mental and emotional obstacles that stand in the way of achieving and maintaining our desired weight. [Find out more below.](#)



Are you suffering with stress or anxiety?

Stress harms your health, performance and happiness.



Are you suffering with chronic pain?

Chronic pain is a significant and frustrating burden for many people. It can last for weeks, months, even years.



Are you suffering with weight issues?

Have you tried every diet without success?

Hypnosis may be the solution you've been looking for.



On Saturday September 16th, I'm running a *Perform Under Pressure Without Stressing* workshop.

This one day workshop covers how we create stress - **the STRESS Process** - and you'll learn and practice a set of effective, evidence based tools to help avoid and cope with stress.

[Find out more](#)

The Arrow Technique was developed by an experienced UK hypnotherapist as a quick and effective way of reducing chronic pain. Like all techniques it doesn't work for everyone but it has a high success rate.

[Find out more](#)

Hypnosis is an effective technique to help you reduce weight and remain at your ideal weight.

[Find out More](#)

For Tips and Techniques on how to overcome anxiety and reduce stress check out my [blog](#).
Download the first chapter of my book - *7 Ways To Reduce Anxiety In 7 Minutes Or Less* [here](#).

COACHING SESSIONS ARE DELIVERED F2F OR VIA SKYPE

Email: tony@tycoaching

Website: www.tycoaching.nz