

Change Your Mind...

Change Your Life....

Through the use of Hypnosis & NLP techniques, you can re-program your focus, attitudes or behaviors in any area of your life.

Hypnosis & NLP can help you with:

- * Smoking Cessation
- * Weight Control
- * Stress Reduction
- * Relaxation and Sleep
 - * Overcome Fears
 - * Pain Control
- * Improve Self-Esteem
- * Memory Improvement
- * Athletic Performance
- * Academic Performance
- * Improve Confidence
- * Overcome Bad Habits
 - * Stop OCD
- * Release Negative Emotions
- * Create New Behaviors
- * And Much More....

Visa & MasterCard Welcome



Phone: 360-604-7000

Success Strategies
Academy of NLP & Hypnosis
5512 NE 109th Ct Ste I
Vancouver, WA 98662

Success Strategies

— *Academy of* —
NLP & HYPNOSIS

Your wedding signifies the beginning of your new life together And then...



We have developed a Unique program to help you put Special back into your Special Day...

Robin Harpole, PhD, MCHt, MNLP

Certified Master Life Coach

Certified Smoking Cessation Specialist

Master Practitioner of NLP & Hypnosis

Certified Trainer NLP & Hypnosis

Kori Smith-Cully, CHt

Certified Clinical Hypnotherapist

Certified Past Life Regression

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Hypnotic Help for Brides

"It's my wedding and I'll cry if I want to, I'll cry if I want to."
Does that song sound familiar? It does to a lot of brides-to-be.
You found the man of your dreams

You are looking for that perfect dress

You are picking out the Invitations

You are figuring out who is invited
and who sits next to whom

You are finding just the right place to
have your wedding

You are looking for the perfect caterer

And so on and so on

Even though this is such a special time in your life all of the decision making and planning gets over whelming . With the planning and listening to everyone's opinion while still going about your normal Busy day.

Some of us have had an image of what our wedding is supposed to be like since we were very young. Others have no idea of what they want. Either way, as that special day gets closer, emotions run wild. Friends and family begin to have too much input or not enough input. Feelings of excitement and joy are often replaced by feeling overwhelming and frustration.

At first you may think that your wedding day should be all about you and the groom, (let's be serious...you) and then all of a sudden there are so many people to please.

Along with the decisions of planning the wedding you also have expectations of how you would like to look on your wedding day. The day is supposed to be perfect (whatever that means) and all eyes will be on you, the bride.

You may need help losing weight to fit into the perfect dress and of course, for the honeymoon.

What is Hypnosis?

It is not sleep, but a natural normal, relaxed and focused state of attention characterized by:

- *Feelings of well-being
- *Increased muscle relaxation
- *Increased pain threshold
- *Predominating Alpha Brain Waves
- *Diminished ability to vocalize
- *Ability to accept new ideas about yourself

Simply put, hypnosis is either interactive guided imagery or applied meditation toward a specific goal while in various levels of a trance state.



We can help you relax.

Take that well deserved deep breath, or just that little extra time for your self. Create a sense of calm and peace from within.

Hypnotherapy can help on many levels. The experience of hypnosis is very relaxing and our specially tailored therapy enables you to look forward to your wedding day with confidence and anticipation so that you can really enjoy your special day.

Often so much emphasis is placed on how things appear on the "outside" that not enough attention is paid to how you feel on the "inside".

While Hypnosis is great for the bride it is also great for the mother or father of the bride, the groom or anyone in the wedding party that has a Phobia of making speeches or standing in front of a large crowd.

Our experience in weight loss and stress reduction is extensive. We tailor our programs to fit your needs, taking into consideration the individuality of each person.

It will be our pleasure to help you bring back the joy of planning the most important day of your life.

Programs we offer:

- Bride and mother together or separate for weight reduction and stress reduction
- Private session for the bride for weight reduction or stress reduction
- The bride and groom stress reduction program
- Confidence in Public Speaking for anyone in the wedding party.
- Wedding party weight reduction - anyone in the wedding party that would like help losing weight



**Look back at your special day
with great memories and put the
stress behind you.**

BRIDEZILLAS ARE MADE, NOT BORN.

It's supposed to be the happiest time of your life – and you want it to be – yet planning a wedding is like working a second job. You have to find the time to tend to a multitude of details as part of an already busy schedule while managing vendors, family anxieties and demands, your groom, your emotions and an array of tricky wedding dynamics. True, some brides are downright demanding but most are nice people, sucked into the vortex of wedding planning stress, and overwhelmed by the stress, pressure and expectations of those around her.

"YOU ARE SPECIAL" SPECIAL

Relax! It's all about YOU!

Treat yourself to a Bridal Party package at Academy of NLP & Hypnosis.

We know that planning your wedding can be a very stressful experience for you and your bridal party.

Academy of NLP & Hypnosis, can help bring focus and calm to you and your wedding party.

Please call us today to discuss our program so that you can begin to enjoy your entire wedding planning process fully.

Special Bridal package includes:

- Relaxation and focus hypnotherapy sessions (3)
- Massage therapy session (1)
- Weight release session (optional)

*These sessions may be scheduled on the same day,
subject to appointment availability, but may also be
scheduled on different days.*

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