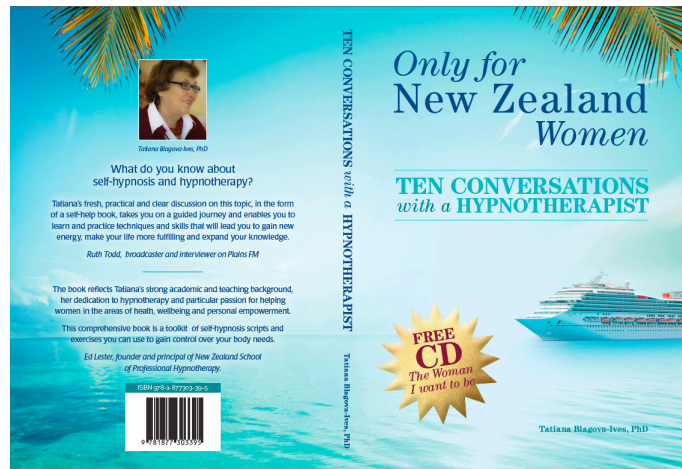


Benefits of ‘Ten Conversations with a Hypnotherapist’

What do you know about Self-Hypnosis and Hypnotherapy?

Tatiana’s fresh, practical and clear discussion on this topic, in the form of a self-help book, takes you on a guided journey and enables you to learn and practise techniques that will lead you to gain new energy, to improve eating and sleeping habits to feel more vigorous and content.



The book “Only for New Zealand Women. Ten Conversations with a Hypnotherapist” reflects Tatiana’s strong academic and teaching background, her dedication to Hypnotherapy and a particular passion for helping women in the areas of health and personal empowerment.

Medical Doctor, Pat McIntosh wrote in her review: “Those who wish to explore themselves can go on Tatiana’s virtual cruise, touching the islands of scientific knowledge in the seas of understanding of human needs and behaviour... This book is like a personal Hypnotherapist to be used to enhance personal wellbeing and the principles of good health”.

If you want to achieve your goals, this book and **free** CD is for you. Alternatively, it is a valuable Christmas or birthday present to somebody who is dear to you.

Tatiana Blagova-Ives, PhD is New Zealand Chartered Natural Health Practitioner, Clinical Hypnotherapist, certified anxiety specialist and nutrition specialist . She belongs to Zonta Christchurch North Club. Zonta International supports women’s status through advocacy and service. 30% of the sale will go to Zonta Christchurch club to be used for fundraising

To learn more of her and the book, you are welcome to visit www.selfhypnosis4u.co.nz or call her 3861717