

## 99 Ways Hypnosis Can Help

1. Abandonment
2. Addictions
3. Adolescent Issues
4. Aggression
5. Agoraphobia
6. Anger
7. Anxiety
8. Assertiveness
9. Bed Wetting
10. Change Habits
11. Cheek Biting
12. Childbirth & Pregnancy
13. Chronic Pain
14. Claustrophobia
15. Communication Skills
16. Competition
17. Concentration
18. Empowerment
19. Empty Nest Syndrome
20. Exercises
21. Fear of Dentist
22. Fear of Flying
23. Fear of Heights
24. Fears & Phobias
25. Fear of Thunder & Lightning
26. Forgiveness
27. Frustration
28. Future Life Progression
29. Gambling
30. Germ phobia
31. Grief
32. Guilt
33. Hair Pulling
34. Healthy Relationships
35. Helplessness/Hopelessness
36. Hostility
37. Hyperactivity
38. Hypochondria
39. Improve Sales
40. Indecision
41. Inferiority
42. Inner Child
43. Insecurity
44. Insomnia
45. Intimacy
46. Irrational Thoughts
47. Irritability
48. Lack of Direction
49. Memory
50. Menopause
51. Mistrust
52. Moodiness
53. Motivation
54. Nail Biting
55. Negotiating Power
56. Obsessive-Compulsive Tendencies
57. Overeating
58. PMS
59. Pain Management
60. Panic Attacks
61. Passive-Aggressive Behavior
62. Past Life Regression
63. Perfectionism
64. Procrastination
65. Public Speaking
66. Rejection
67. Resistance to Change
68. Restlessness
69. Sadness
70. Self-Blame
71. Self-Confidence
72. Self-Defeating Behaviors
73. Self-Discipline
74. Self-Esteem
75. Self-Expression
76. Self-Forgiveness
77. Self-Hypnosis
78. Self-Image
79. Set & Reach Goals
80. Sexual Dysfunctions
81. Shame
82. Skin Problems
83. Sleep Disorders
84. Smoking Cessation
85. Social Skills
86. Sports Enhancement
87. Stage Fright
88. Stress
89. Study Habits
90. Stuttering
91. Substance Abuse
92. Surgery Preparation
93. Surgery Recovery
94. Tardiness
95. Test Anxiety
96. Trauma Recovery
97. Victimization
98. Weight Loss & Management
99. Writer's Block