

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Understanding and challenging anxiety can result in vanquishing it in a relatively short period of time. Avoidance only empowers it.

## The Calmer You® Clinical Hypnotherapy

For a limited time only

**\$34.95** Plus P&H  
50% Off RRP \$70

### ... and Meet & Defeat Anxiety®. What's in your Pack?

#### What makes The Calmer You® different?

Using **Clinical Hypnotherapy**, the combination of **Hypnotherapy**, **Psychotherapy** and **Neuro Linguistic Programming (NLP)**, allows more effective results than either alone, and enables you to overcome problems more easily.

**The Calmer You®** has been especially recorded so the listener can be in complete control of the direction they proceed in a safe and relaxed environment. Each time it is played it can be completely different as it is **entirely based on your own thoughts and experiences**. At a full 80 minute duration – which passes remarkably quickly - you are taken on a journey into a deep state of **relaxation** and proceed through **guided meditation** discovering your individual **anxiety issues along the way**. Through the **Clinical Hypnotherapy** component you alter the way you view your anxiety and are provided the opportunity to release the feelings and emotional energy that fuels chronic anxiety. **Discover how different it is to anything else available**. **Because of this difference, it WORKS!** This recording also contains selected SOFT Binaural Tones proven to assist with anxiety. They can be removed on request.

On its own, this 180 page workbook has **provided help for thousands of anxiety sufferers**. It is written in a non-technical manner, but packed full of practical assistance and exercises for you to be able to **Meet & Defeat Anxiety®**.

Regardless of which type of anxiety disorder you are dealing with, all anxiousness can be vanquished by following similar strategies:

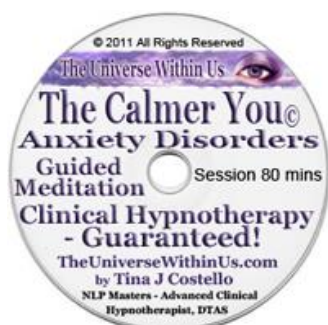
- accepting you have it
- understanding its causes
- breaking the causes down in smaller pieces you can manage without avoidance.

This workbook promises to assist you to:

- create a healthy resilience to anxiety through simple self-care strategies
- change your approach to anxiety
- distinguish between what you are actually thinking and feeling
- help to discover where your anxiety originally stemmed from
- identify your unhelpful thoughts and beliefs
- evaluate the evidence for and against your thoughts and beliefs
- create more balanced alternative thoughts
- devise a plan for gradually moving through your anxiety creating situations and beating them
- inhibit possible relapses
- improve your quality of life
- and much more ...

#### Progressive Muscle Relaxation

Progressive muscle relaxation is wonderful for anybody, but it is particularly recommended for anxiety sufferers. These exercises are backed by very SOFT relaxing background music.



180 Pages

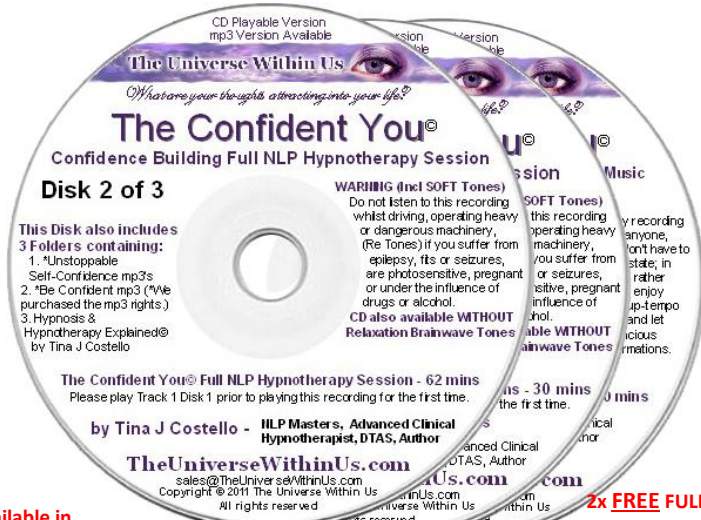
A full exclusive CD range of Clinical Hypnotherapy Sessions available include: 1 **Now Choose to Live Smoke Free** (4 CD's) **The Confident You** (3 CD's) **Self-Love ~ Self-Confidence ~ Sleep CD**, **The Slimmer You** which now includes Gastric Lap Band Hypnosis Surgery (4 CD System) & MORE! **Limited Worldwide Skype Private Clinical Hypnotherapy or Cognitive Behavioral Therapy Sessions are now available with Tina J Costello. Please email us to see if you qualify with "Skype Sessions" as subject.**

#### Adding Meet & Defeat Anxiety®

This popular and comprehensive **Cognitive Behavioural Therapy Workbook** has now been released to partner **The Calmer You®** Clinical Hypnotherapy session in eBook format.

Full details at: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



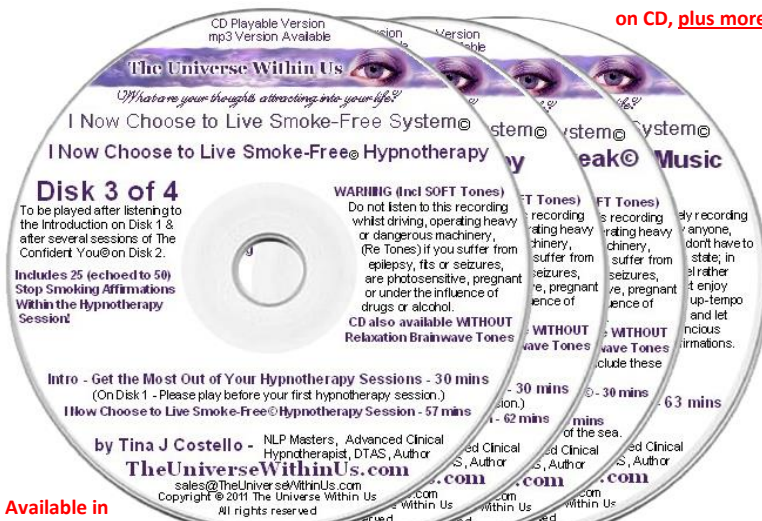
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2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



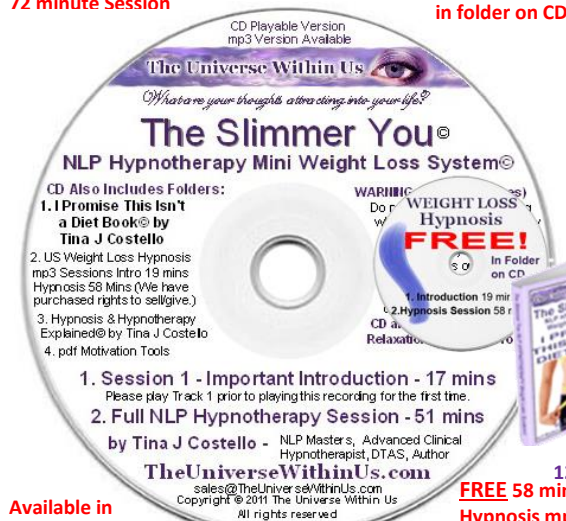
Available in CD or mp3 format 72 minute Session

Now includes FREE 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



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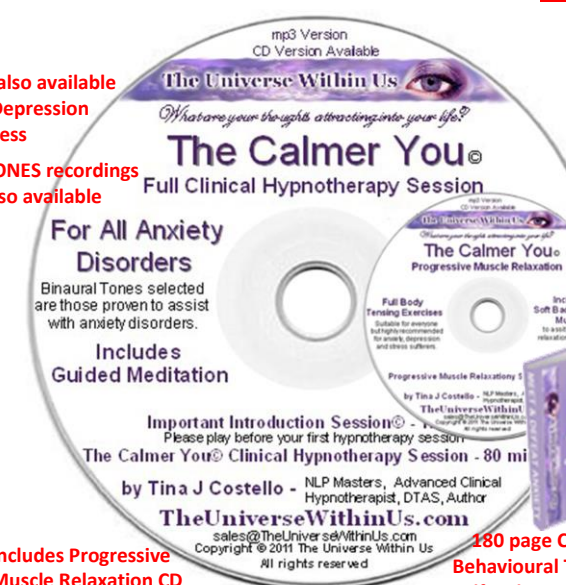
FREE 58 min Hypnosis mp3 included plus more!



Available in CD or mp3 format

FREE Beethoven's Music Box

Sets also available for Depression & Stress NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for a **limited time**. Other CD's in her range will be released soon. **Please check back regularly.**

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For more Information please view the Flyers to share, go to the website below, or email us for special pricing updates – which can be available – with the name of the specific recording in the subject line. **Flyer 'Special Prices' are at time of printing and may change without notice.**