

Breaking Day Hypnotherapy

Art Kuhns

- Speaker•Presenter•
- Certified Hypnotherapist•
- Reiki Master-Teacher•

SPEAKING/ WORKSHOP TOPICS:

Four Steps to Stop your Anxiety and Stress – Presentation / Workshop

Do you suffer from stress? Who doesn't, right?. How about Anxiety? Doesn't everyone? Do you ask yourself, 'what if' and imagine the worst case scenario? What about the self talk? Is it helping? Imagine, for a moment, having the tools to STOP anxiety and stress, to experience feeling calm, confident and in control? That is a happy image isn't it? Four Steps to Stop your Anxiety & Stress will give you the tools you need to have a life of peace and confidence.

Quit Smoking – Presentation / Workshop

Have you tried to quit before and found it too difficult? Perhaps, you did quit and then re-started with a stressful event. Are you ready to Quit Smoking for good? Get back your money and most importantly your Health! Hypnosis is one of the most successful ways to quit smoking easily and effortlessly. My hypnosis Quit Smoking process teaches you how to deal with stress and anxiety and the smoking cravings. You now can easily become a non-smoker for good.

*Many people have successfully quit smoking in 1 session and **You Can Too!!!***

Do you have a Topic or Need in your office or company?

Let me know I can help you. I can custom build presentations and workshop to your meet your specific needs.

Meet Art at Breaking Day Hypnotherapy

Art is Certified in Hypnotherapy, Hypnosis Instructor & Reiki Master / Teacher

I look for ways to empower my clients, to find and unlock their own inner healer. Once this power is found and unleashed, a life of intention, awareness and harmony can unfold. Reiki infused hypnosis enables the client to connect intuitively and heal holistically. I am members of two associations: The International Certification Board for Clinical Hypnotherapists (ICBCH) and International Hypnosis Federation (HFI)



TO BOOK ART:

For more information on these, additional speaking topics or to book Art for your next event or meeting, please contact me at:

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Check out my website: breakingdayhypnotherapy.com