



You Can Keep Your New Year's Resolutions

with Barry Wolfson of the Hypnosis Counseling Center

Many of us choose the New Year to make a new start. Most of us make New Year's Resolutions to do it. Almost none of us keep them. It's not that we don't want to make the changes, we are usually very sincere. The problem is we try to tough it out alone using sheer willpower. However, many of the resolutions involve long term habits and are difficult to change without help. That's where hypnosis comes in. Hypnosis is a very effective tool to help this year's resolution come true.

Eliminate yo-yo dieting forever! Never diet again! Outrageous claims? They're not. Learn to eat healthy satisfying meals get to your ideal weight and maintain it for life. Accomplish all this without drugs, fad diets, dangerous herbs expensive meal plans or special foods. The only tools you need are your own mind and the desire to do succeed. Hypnosis is safe, medically approved and best of all – it works.

Stop smoking without anxiety, weight gain or mood swings. Smoking addiction is one of the strongest and most difficult to break. Discover what thousands have learned – hypnosis can eliminate cigarettes for your life finally and painlessly

Thursday, January 3 at 7:00 pm

Hunterdon County Library

314 State Route 12, Flemington

This program is free and open to the public.

Due to the popularity of our programs, we recommend reserving a seat
Please sign up using our new Events Calendar at www.hclibrary.us or call (908) 788-1434

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need. Please call (908) 788-1434. Without advance reservations, it may not be possible to provide accommodations. 12/18