

Carole Samuda

Cognitive Hypnotherapist & Life Coach



Do you suffer from anxiety or stress? Do panic attacks hold you back? If you are held back by any of these issues I can help you to break the chains and lead the life you deserve. Using Cognitive Hypnotherapy and NLP we can work together to help you lead a more positive life. As you move forward you may well notice a difference in all the areas of your life. So many people wish they could be different, you have taken a step towards fulfilling that wish. Like a butterfly out of a chrysalis let the new you unfold their wings and reach new heights

Carole Samuda

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Break the chains that hold you back

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