

**thebestof**

## Study and Exam Preparation

Offer Expiry Date

**16/01/2017**

Can only be used at

**Richard Avery Hypnotherapy**

Forum House Business Centre, Stirling  
Road

PO19 7DN.

**Tel: 07730 007 326**



### **Description/Terms and Conditions**

Many people have problems with taking exams. You know that feeling, you pay attention in class, you know all the answers in class, you find all the homework and assignments really easy, but, as soon as the exam looms and you start revising, panic sets in and you go into the exam room with a completely blank mind. Sounds familiar? Hypnotherapy can be a very powerful way of helping you prepare for the exams and get you into the correct state of mind to take the exams. With rapid relaxation tools, you can get your mind into the right state to revise and with techniques such as visualization become able to "see" yourself in the exam room, becoming relaxed and familiar with the environment, so that when you take the exam for real you can be ready to perform at your best.

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