



Mind Health
Supporting Your
Wellbeing
Daily Rituals

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Select from Mind Health

EASE STRESS

BEAUTIFUL SKIN

PERFECT AND RADIANT HEALTH

RELAX

INNER PEACE - WOMEN

INNER PEACE - MEN

Make time for ...

Self-Care

Daily Rituals

to support your ...

**Wellbeing &
Mind Health**





Escape to the sounds of paradise

EASE STRESS

Enjoy the affirming and reprogramming power of hypnotherapy - with relaxing music! Power your mind to be charged with focused encouragement for positive change.

BEAUTIFUL SKIN

Beautiful skin is easily achieved through the use of hypno-therapeutic techniques combining suggestions for proper skin care regime and suggestions for your natural body's processes. You will easily be able to achieve the look you desire.



Relax to the sounds of the ocean

RADIANT HEALTH

Release toxins from your body. A relaxing and soothing method to cleanse your mind and body.

RELAX

Put your mind at ease, feel calmer and more centred.

INNER PEACE WOMEN

Get in touch with your true inner peace, power and beauty.

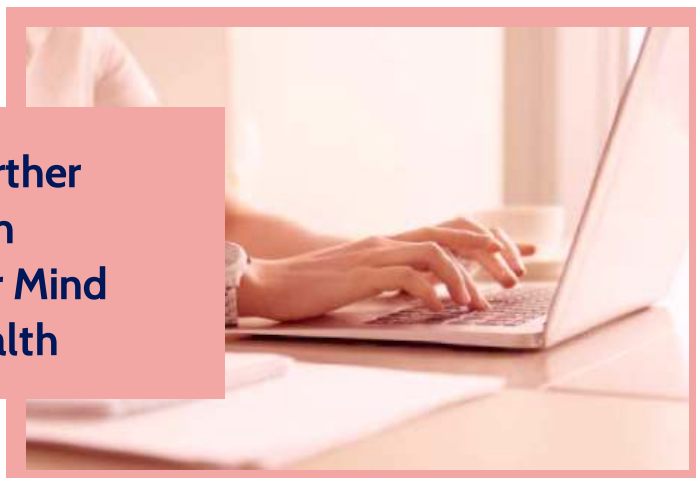


Allow the sunshine moment to relieve stress

**INNER
PEACE
MEN**

Relieve stress and conflict to find inner peace.

**Request further
details from
Power Your Mind
& Mind Health**

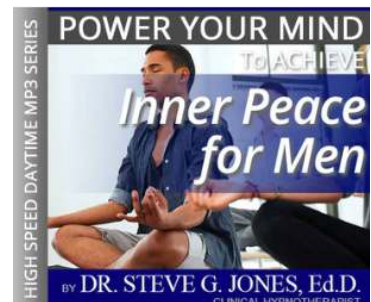
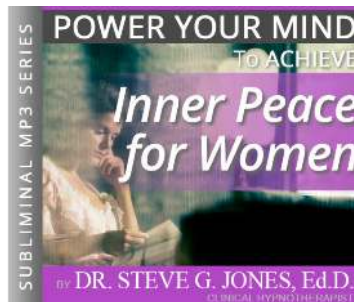


Select Your Self-Care Daily Ritual

Wellbeing Solutions/ Investing
People / Empowering Lives
Invest in Your

Wellness Service & Business

Contact us for further self-care daily rituals to enjoy!



Author / CEO American Alliance of Hypnotists



Dr. Steve G. Jones, Ph.D., Ed.D.

www.stevegjones.com

Dr. Steve G. Jones, Ph.D., Ed.D., clinical hypnotherapist has been practicing hypnotherapy since the 1980s. He is the author of over. He is a member of the National Guild of Hypnotists, American Board of Hypnotherapy and president of the American Alliance of Hypnotists. Dr. Steve is a former member of the board of directors of the Los Angeles chapter of the American Lung Association. In order to keep up with the very latest in hypnotherapeutic research, he regularly attends training conferences. 22 books on hypnotherapy.

Psychology Studies, Harvard University, Fall 2011 Ed.D., GSU (Georgia Southern University), Statesboro, GA., 2013 Doctor of Education

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Educational Specialist

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Master of Education B.S. (), Psychology, specialty: Cognitive Psychology, University of Florida, Gainesville, FL., 1994

Bachelor of Science

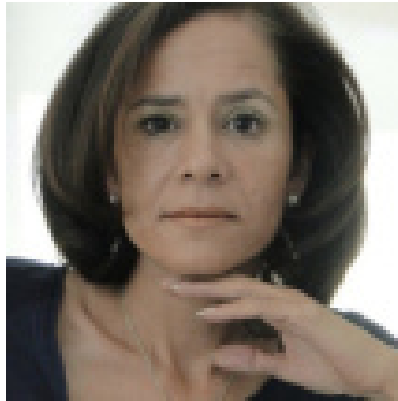
NLP Practitioner, Master Practitioner, and Trainer Clinical Hypnotherapist

He received the 2007 President's Appreciation Award recognizing his accomplishments in continuing adult education from the AAACE (American Association for Adult and Continuing Education), awarded to "persons from education, government, industry or other sectors who demonstrate exceptional and innovative leadership to or in support of adult and continuing education."

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SPOTIFY, APPLE - PODCASTS - **KEEP UP TO DATE** with the latest developments in **Mind Health**

Author/ CEO Harmony Health and Happiness



Luisa Natasha Parker

www.harmonyhealthandhappiness.com

Wellbeing Solutions / Investing in People / Empowering Lives

- Certified Hypnosis Trainer - American Alliance of Hypnotist in the UK
- Certified AURA TM Practitioner
- Certified CORE TM Practitioner
- Certificate Law of Attraction Basic Practitioner
- Certified Advanced Hypnotist
- Past Life Regression
- Vitality Flow Chakra Meditation Coach
- NLP Practitioner
- Certified Numerologist
- Growth Mindset Growth Mindset
- Certified Basic Holistic Marketer
- LifeCoach

Increase Energy
Life Balance
Get Organised
A New Positive Attitude
Unlimited Wealth
Unlimited Motivation
Unlimited Confidence
Eliminate Procrastination