

## Lisa - Newcastle

Geoff was recommended to me by a friend who suffered from anxiety. I myself have suffered from anxiety for a number of years so I decided to make an appointment with Geoff and do something about it.

Life had become very stressful, day to day situations would cause me anxiety and I found it very difficult to relax. After four hypnotherapy sessions with Geoff the results were quite amazing. Geoff taught me relaxation techniques, he taught me how to cope with situations with a more relaxed and rational approach. Using Geoff's techniques, life has become less stressful and I am a much happier and relaxed person. It feels like the real me has come to the surface.

On my first appointment, Geoff put me at ease straight away. He is a sincere, caring and enthusiastic person. I would recommend Geoff to anyone who feels that life has become a bit too much, or to anyone who would just like to learn how to relax.