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My name is John and I'm a full time, fully qualified hypnotherapist, holding a diploma in Professional Hypnotherapy and Hypnosis and registered with the General Hypnotherapy Register (GHR).

Since 2003 I've been living in Crowborough, East Sussex along with my wife Andrea our cat Lola and our two Golden Retrievers, Poppy and Louie.

I'm guessing that you have taken the time and trouble to visit this site as a result of a desire to **change something in your life**, possibly something that is **holding you back from enjoying your life to the full** or maybe you're looking for a way to **move towards a more desirable state**, be it mentally or physically or both.

The great news is that by seeking out hypnotherapy you have already taken a massive step towards achieving exactly that. Without bogging down in the details **click here to see more info on hypnosis and hypnotherapy**.

If you're looking to

- kick a habit for good,
- change your attitude to food and get the shape you really want,
- feel more confident,
- lose exam nerves,
- manage chronic pain,
- get rid of any emotional baggage and just feel better about yourself

- **or anything else ...**

then please **get in touch** and let's do it together. I've taken a great deal of pleasure in helping many people – I look forward to helping you move on with the life you want.

If you're not sure if hypnotherapy is for you then please **give me a call** to arrange a free consultation. I'm always happy to discuss how hypnotherapy can help and there is no obligation to continue to the therapy stage if you decide not to proceed.

My own experience of hypnotherapy started when I decided to use hypnotherapy to quit smoking. In a single session lasting less than 2 hours I became a non-smoker once again, kicking the 40 a day habit that I'd been stuck in for the past 20 years or so. Having previously tried every conceivable product to give up cigarettes I was amazed at how quickly and easily smoking became a thing of the past. This experience made led me down the road to become a professional hypnotherapist myself, and I've never been happier since making that decision.

If when reading through some of the information on my website you come to the conclusion there is something in your life you would like to improve, and hypnotherapy can give you the release you are looking for, please do not hesitate to contact me.

Many thanks, relax and be well,

John

John Griffiths DHP GHR(Reg) GQHP MAPA