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 HEALING, HYPNOTHERAPY, AND COUNSELING CENTER
IN ASSOCIATION WITH HEALING LIGHT MINISTRIES

For a Healthy Body, Mind and Soul

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SHARON A. JACKSON, COUNSELOR, M.S., M.M.S.C.
 CERTIFIED CLINICAL HYPNOTHERAPIST
 103 SOUTH 3RD STREET, SUITE 102
 OZARK, MISSOURI 65721
 (417) 773-2524

AS FEATURED IN

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Sharon Jackson
 Certified Clinical Hypnotherapist, M.Msc.

103 South 3rd Street, Suite 102
 Ozark, Missouri 65721
 (417) 773-2524

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Volume I Second Edition

Happy April Fools Day! APRIL 2012 MONTHLY NEWSLETTER

FEATURED BUSINESS



Feature your business, cause or political campaign

1031 East Battlefield, Suite 214
 Springfield, Missouri 65807
 Phone: 417-883--7446

Understanding Panic & Anxiety

Approximately 40 million people in the US alone suffer from anxiety. 28.8% of Americans will suffer from anxiety in their lifetime, which is the highest level in the world. Annually we spend \$42 billion per year on treatment. At some point in your life, you may experience a racing heart, sweaty palms, or maybe a full adrenaline dump from panic and anxiety. If you have, you know the sheer terror physically, emotionally, and mentally. Hypnotherapy is an excellent remedy to alleviate Panic, Anxiety (GAD), and depression...

(continued on other side or below for electronic edition)

4 SIMPLE SOLUTIONS TO END A PANIC ATTACK

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This month's feature is for the eBook

**MANUAL FOR LIVING -
 A USER'S GUIDE TO THE MEANING OF LIFE**

Facing death as a two-time cancer survivor, award winning author Seth David Chernoff learned to experience the fullness of life. He offers straightforward guidance for achieving lasting happiness, overcoming fear of death and finding fulfillment and true purpose. The *Manual for Living: REALITY* is here to assist you in understanding and choosing a life fulfilled over a life of mediocrity, desperation, pettiness, or even worse, no life at all. When life is amazing, fulfilling, and spectacular, this *Manual* may gather dust; however, when you are faced with hurdles, challenges, and pain, it may help you persevere and be of service to those who await your guidance. The *Manual for Living* is a guide to support all beings in truth; to help us turn toward courage, honesty, integrity, and love; and to make conscious decisions that will ultimately guide us to true happiness and fulfillment.

Thank you all for your entires to win a Mental Vacation!

The winner from the 2012 Expedia - Hotels.com Health Fair Drawing is:

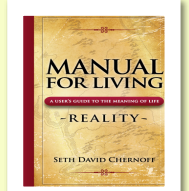
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Excellent, Inspiring book



UNDERSTANDING PANIC & ANXIETY

4 SIMPLE SOLUTIONS TO END A PANIC ATTACK

1. **Start taking slow, deep breaths** (this sends a message that the “crisis” is over and the body can start to relax) Really concentrate and focus all your attention on your breathing and tune out everything else.
2. **Count back from 20-1** (this distracts your mind from the attack and allows your body to start the recovery process)
3. **Think of alphabetical names starting with the letter “A”** like Adam or Amy then “B” for Bob or Bonnie (by the time you get to the letter “G” you should feel relief because you are distracting the mind allowing it to forget about the episode) alternate boy/girl with each letter to mix it up.
4. **EFT or what we call “tapping”** (request your FREE instructional PDF) This works with the meridian points in your body and acts as a “reset” button to allow the body to continue into homeostasis.

These are simple, yet very effective solutions to escape a panic attack. Once the body releases noradrenaline into your blood stream, it may take some time to regain your sense of feeling “normal” again as the sympathetic nervous system has activated the fight flight response. When the above remedies are implemented, the bodies parasympathetic nervous system kicks in sending a message for the “troops” to retreat and allows the body to maintain homeostasis (a state of balance). Remember, anxiety and relaxation cannot coexist, so take a moment each day to take some slow, deep breaths (randomly), meditate, sit quietly, exercise, or better yet maintain regular stress reduction, relaxation hypnotherapy sessions (at least once monthly) Not only will you feel better, your mind will relax, the bodies molecular structure will change to improve your overall health, immune system, and well-being. The only thing you have to lose is stress and eliminate panic attacks from your life. That in itself is worth it!

SPECIAL DISCOUNT COUPON

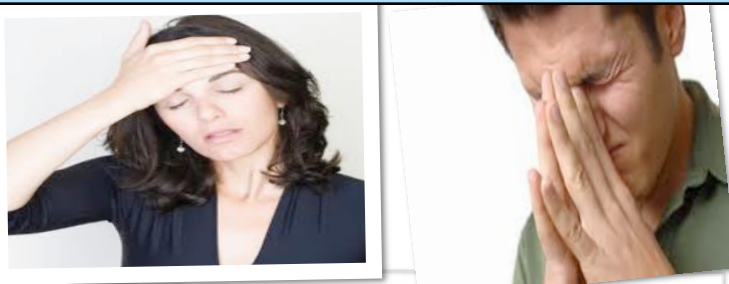
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ASK SHARON QUESTIONS & ANSWERS:

QUESTION: Can I get “stuck” under hypnosis?

ANSWER: Absolutely not. I may have to take a few additional steps, but bringing you back to “normal” consciousness is as simple as waking someone up from a nap.

QUESTION: Can children be hypnotized?

ANSWER: Yes, the youngest child that I have personally hypnotized was eight years old. However, children as young as three have been hypnotized. Usually children five years or older respond best to hypnotherapy.

If you have a question, please email powerofthemind@mail.com
(answers are the opinions of Power of the Mind Healing, Hypnotherapy, and Counseling Center)

