

make changes

•NLP & hypnotherapy •for your life

www.makechanges.com.au Ph; 1800 760 249

What some of our clients have said...



Weight

★★★★★ 25 Jan 2015

margareto9 from Kings Park

I went to see Wendy September last year to help me lose weight. Very impressed with the time she spent with me going through issues concerning my weight gain. Since my session I have found that I'm no longer looking for sugary foods and now eat very healthy. Even when I do have something sweet to eat only have a small amount and I find that I'm satisfied with that. Thanks Wendy for all your help. Very happy with overall result and have no hesitation in recommending Wendy.



Weight

Check out Anton's video testimonial on our website. Hear his story of how his life has changed with hypnosis. We also helped him to quit smoking.

He let go of 26kg in the first 6 months after his session.

He is still on his Ideal Weight journey and is feeling and doing great.

Go to: <http://makechanges.com.au/what-a-difference-a-year-makes/>

Quit Smoking



deanw20

#9 in Flemington VIC

★ 2 reviews

🛡️ 10% trust

🏆 800 points

★★★★★ 14 Aug 2015

Stuck in a never ending loop of going back to cigarettes when life got difficult, I booked in for a hypnotherapy session to quit with Wendy. Whenever I have quit before I have a last cigarette at night, start on nicotine patches the next morning and 'hope' to get thru the 1st day, then the 2nd etc etc-always a real struggle that first week. Each time I'd tried to quit lately I couldn't get thru the first day. I have NEVER been able to quit part way thru a day-ever.

My session with Wendy was at 12.30, I had a 2 hour drive there after working away and arrived with maybe 20-25 cigarettes smoked- like I was saying goodbye to them. I had my session with Wendy, over an hour.

I drove back the 2 hours for work. I did not even FEEL like having a cigarette. Haven't since other than one or two moments seeing it in a film and thinking it looks nice, but didn't still actually want one.

Its 7 weeks today- Its like a minor miracle to be honest. I don't know how the hypnotism works, it just does. Its like they hold no appeal to me- I'm not revulsed by cigarettes either- they are just nothing to me.

Oh, and I spent years working for a tobacco company, at my worst of 30 years smoking I hit 80 a day. If this stuff works for me-Wendy can make it work for you. As I say, I don't know HOW it works, I just know that it DOES work. - Dean, Flemington

Anxiety / OCD



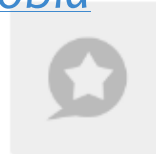
bc243

- ★ 1 review
- 🛡️ 60% trust
- 🏆 600 points

★★★★★ 11 Aug 2016

Hi Wendy, I'm pretty good :) I don't feel anxious anymore although very rarely like (Once a week/today I was questioning if it was okay for my bed pillows to be on the floor near the turned off PowerPoint so I stopped for a second and then verbally said everything is fine and walked away). I'm much more happier and when I'm locking my car id pull it once and say it didn't open it is locked and walk away so my ocd tendencies have almost gone! :) I've used the anchor twice when I was worked up emotionally but I'm so thankful :)

Phobia



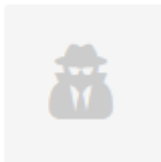
monicas11

- ★ 1 review
- 🛡️ 60% trust
- 🏆 0 points

★★★★★ 11 Feb 2015

I went to see Wendy last year. All my life I had phobia with cats. Since my session with her my life change completely. Now I can walk free and I can visit my friends. I recommend Wendy, she change my life!!!!

Anxiety

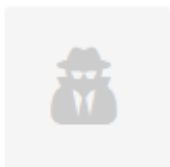


Anonymous

★★★★★ 28 Apr 2015

For a long time in my life I have suffered from anxiety and over the years I have tried many things. One thing that made a difference were the hypnotherapy sessions I had with Wendy. The entire session is comfortable and welcoming and I walked away with a range of tools that I could use and practise in my daily life. I would recommend Wendy to people who want to make positive changes their life.

Stress



Anonymous

★★★★★ 05 Sep 2014

Wow! I wouldn't have believed it. I was feeling so much stress and pressure at work and on recommendation I went to meet with Wendy. During my visit Wendy did a relaxation hypnotherapy session with me. I feel great, work is good now. I don't let the day to day stuff get to me and I am so much more at ease with life. I would recommend the hypnotherapy and Wendy to anyone, she is so friendly and caring. Thank you Wendy

See our website for more reviews and information at www.makechanges.com.au