## "Anxiety stole my life."



One in four Australians experience anxiety – the most common mental health condition in the country – which often leads to depression.

This specialist treatment is fast and effective, with NO side-effects (unlike most anxiety medications). A mix of hypnosis, NLP, CBT and positive psychology bring about an often immediate, long-lasting result, requiring no medication.

Call or email Richard Scott today... richard@mynd.works

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