

Specialized Professional Services

Accelerate Your Physical Health:

Use hypnosis to accelerate healing, manage chronic pain and renew every cell in your body. Enhance the healing power of your immune system through psycho-immunology. Your mind can support illness, or choose the power to be healthier. Reprogram your mind with healthy thoughts that are in harmony and alignment with healing. **(Certain medical conditions require a medical referral.)**

Weight Loss / Trim For Life:

Release unwanted weight easily and permanently without hunger or anxiety. Accelerate fat burning & weight loss, without any conscious effort. Develop natural healthy eating habits. Stop junk food cravings and naturally adopt healthy habits for a lifetime.

Stop Smoking:

Become a non-smoker comfortably in one session, without stress, withdrawal symptoms, weight gain or lingering urge to smoke. Develop new healthier choices to replace your unwanted habit of smoking. Release tobacco from your life now and forever.

Release Stress, Anxiety, Fears, Phobias, Unwanted Habits & Limiting Beliefs:

Eliminate negative emotions such as anger, fear, sadness, depression, anxiety & guilt. Release yourself from limiting beliefs such as: "I'm not good enough", "I can't earn enough money" or "I'm not smart enough." A simple

process known as ***Time Line Therapy*** can assist you to permanently and easily release these negative and debilitating emotions and limiting beliefs. Set yourself free to express greater self-confidence, and be in alignment with your life goals.

Positive Relationships:

Attract supportive and positive people into your life. Become a magnet for the personal and professional relationships you really want and deserve. Clean up relationships that aren't working for you, and make the most of the relationships you cherish.

Self-Confidence / Motivation / Success:

Become self-confident and project your true power and authority. Tap into your unlimited potential in your profession and personal life. Empower yourself to achieve the results you truly want and deserve. Reinvent yourself and your life. What you imagine, you can create!

Improve Your Memory / Take Tests Easily:

Improve your ability to concentrate, absorb knowledge and recall. Advanced techniques will help you access needed information quickly and in a relaxed manner. Remember names more effectively. ***Improve your test performance and take any exam without anxiety.***

Public Speaking:

Do you, like a majority of U.S. adults, literally dread the thought of speaking in public? Hypnosis can prepare you to address any audience with confidence and poise. Express yourself like a pro, and feel at ease in any public situation.

Sports / Exercise Performance:

Improve performance and motivation in sports or your regular exercise program. Creative guided imagery helps you to physically realize and achieve your goals in sports and exercise performance.

Sleep Better:

Sleep easily, deeply and soundly throughout the night and awaken refreshed at the time of your choice. Don't let lack of sleep destroy your health and your enthusiasm for life. Too little sleep can sap your productivity and even lead to depression.

Learn Self-Hypnosis:

Learning self-hypnosis can put you in charge of improving any area of your life, your health and well-being. By learning some basic techniques you can access the power within your mind. CDs available to assist.

Explore Past-Life Possibilities:

Re-experience a past life to gain insight and address a possible source of current patterns, feelings or health issues, as well as talents you brought forth into this lifetime. Accessing this deep source can help you function more comfortably in your current life. Ask for our brochure on Past Life Therapy.

Personalized CDs

Personalized CDs are created upon request and are designed around your unique needs. This is a powerful tool you can use every day to reinforce positive changes.



What Is Hypnosis?

Hypnosis is concentrated attention in a deeply relaxed state of awareness. All hypnosis is self-hypnosis. Your Hypnotherapist acts only as a guide. During hypnosis, you will allow yourself to relax as much as you choose; and you will find that your success with hypnosis increases as you learn to relax more deeply. Hypnosis is a normal mental state, and most people experience light stages of hypnosis on a daily basis, for example while watching TV.

Is it safe? Yes, hypnosis is both safe and effective. It is an enjoyable and rapid method to bring about positive changes in your life that you desire. You are always in control during hypnosis. No one can alter your morals or ethics or induce you to reveal anything you would rather not disclose. You will come out of hypnosis easily. If you are left alone, you will either relax more or simply wake up. If you are tired, you might briefly drift toward sleep, then awaken naturally. You remain aware and in control while hypnotized.

Relaxation itself is a light form of hypnosis. The quickest way to relax the entire body is to relax the eyes. For example, staring steadily at a pleasant image will gradually cause the image to soften as your optic nerves relax. This induces your whole brain to relax, and your nervous system and muscles follow. As your arms and legs relax, you may notice a slight but pleasant tingling sensation. Your thinking slows down, like daydreaming, as you enter this relaxed, safe state.

Hypnotherapy is simply a therapeutic process in which hypnosis is used to assist you in achieving your goals.

Lindemann Professional Group, LLC Deborah Lindemann C.H.T. Board Certified Hypnotherapist

For More Information:
(970) 494-1185 – Fort Collins
www.LPGMindworks.com

Professional Background

Deborah Lindemann is a board-certified clinical hypnotherapist in private practice for more than 18 years. She is a graduate of the L. & P. School of Professional Hypnotherapy in Garden Grove, California and is trained in a wide range of therapeutic modalities including Time Line Therapy, Behavior Modification, Smoking Cessation, Pain/Stress Management and Past Life Therapy. She has authored numerous articles on the benefits of hypnosis.



**Lindemann Professional Group
maintains an A+ rating with the
Better Business Bureau**

***We can work directly with
your doctor.***

Sample Testimonial...

"You had a way of helping me feel immediately comfortable. Your voice is soothing and calming and it put me in a state of deep relaxation. I was able to greatly reduce my pain levels. As a result I am sleeping more deeply and my stress levels have dropped profoundly. Thank you so much, Deborah." – Brian in Fort Collins, CO

Tap Into The Unlimited POWER OF YOUR MIND Through Hypnosis!



**Deborah Lindemann C.H.T.
Board Certified Hypnotherapist
Time Line Therapy Practitioner
Smoking Cessation Specialist**

***"The Power of Your Mind
Is Virtually Limitless! You
Can Use It To Energize And
Heal Every Area of Your
Body, Mind and Soul."***

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