

NY Hypnosis & Healing Center

The NY Hypnosis & Healing Center, Ltd., was established in July of 2003. Founded by Mari Lifrieri, BCHT, with the intent to introduce Alternative Healing Modalities. Available to all searching for a way to enhance standard treatment offered through conventional Western Medicine.

The NY Hypnosis & Healing Center specializes in Hypnosis for Smoking Cessation and Lifestyle Management. Childbirth by Hypnosis is offered through our Tranquil Beginnings Program for Women who prefer to give birth without, fear, discomfort and with little or no medication. Our clients are highly successful in overcoming their challenges of Smoking, Nail Biting & Stress. They can also learn to Manage Weight, become Focused, Motivated, Increase Self-Esteem & Eliminate Fears.

An Easy & Natural Approach to Hypnosis

Disclaimer: Mari Lifrieri and anyone associated with this work, inclusive of, but not limited to, NY Hypnosis & Healing Center Ltd., make no claims, promises or guarantees, and are neither diagnosing, treating specific health issues or challenges. You are solely responsible for seeing to and continuing with your own medical treatment and care.

Testimonials

The Hypnosis worked great. It's been about a year since I've gone and I haven't bitten my nails since. Nor do I have a desire to. My nails have been growing and are looking nice! Thanks Mari Lifrieri for all your help.

An added bonus to all this has been my eating habits. I eat a LOT more healthy and have lost 7 pounds so far! I feel great and feel like I actually have control over what I eat. And right after the Hypnosis, my first meal I actually enjoyed my meal for the first time in a LONG time. I now go for healthy foods, fruits and veggies.

I have been recommending my friends about you, so you may see some of my friends in the future! Thanks again for all your help!

Shaheen Ammed , NY

Dear Mari,

I just wanted to touch base and tell you how grateful I am. It's been over two months since I've even thought about a cigarette. My friends, family and co-workers can not believe that I've gone from smoking two packs of cigarettes a day to feeling sick with the thought of even putting one to my mouth. I feel better than ever. I've recently began exercising again and guess what, I don't gasp for air. It's amazing. I'm the best form of advertisement. People know that if I can do it than anyone can do it. Thank you so much for all your help.

Best Wishes,

**Mario Trotta
Scardsdale, NY**

New York Hypnosis & Healing Center



Where Positive Change

Becomes Your New
Reality!

Specializing In

Smoking Cessation

Childbirth by Hypnosis

Lifestyle Changes

HYPNOSIS

Hypnosis is a procedure during which a professional hypnotist or qualified therapist suggests that a client, patient, or subject experience changes in sensations, perceptions, thoughts, or behavior. The hypnotic context is generally established by an induction procedure. Although there are many different hypnotic inductions, most include suggestions for relaxation, calmness, and well-being. Instructions to imagine or think about pleasant experiences are also commonly included in hypnotic inductions. People respond to hypnosis in different ways. Some describe hypnosis as a normal or heightened state of focused attention, in which they feel very calm and relaxed. Regardless of how and to what degree they respond, most people describe the experience as very pleasant.

Some people are very responsive to hypnotic suggestions and others are less responsive. A person's ability to experience hypnotic suggestions can be inhibited by fears and concerns arising from some common misconceptions. Contrary to some depictions of hypnosis in books, movies or television, people who have been hypnotized do not lose control over their behavior. They typically remain aware of whom they are and where they are, and unless amnesia has been specifically suggested, they usually remember what transpired during hypnosis. Hypnosis makes it easier for people to experience suggestions, but it does not force them to have these experiences.

Hypnosis has been used in the treatment of pain, depression, anxiety, stress, habit disorders, and many other psychological and medical problems.

Hypnosis is not a type of therapy, like psychoanalysis or behavior therapy. Instead, it is a procedure that can be used to facilitate therapy.

Mari Lifrieri, CHT

Mari Lifrieri was granted Board Certification as an Advanced Hypnotist in 2003 by the American Board of Medical Hypnotherapy. Mari holds certification as an advanced 5-PATH™ Hypnotherapist, through the Banyan Hypnosis Center of Minnesota and Certification in EFT. In October 2004, Mari completed the New Curriculum; Advanced Hypnotic Techniques through Trucor Inc.

Mari is the founder of the NY Hypnosis & Healing Center and the Tranquil Beginnings® program a complete Method for Natural Childbirth. Certifications are also held in both the HypnoBirthing and Hypnobabies Programs for Natural Childbirth.

Mari Lifrieri is a recognized member of, The National Guild of Hypnotists, The American Board of Medical Hypnotherapy, The International Association of Reiki Practitioners, The United Nations Women's Guild for Child Services and is the Southern Nevada Chapter President for the National Guild of Hypnotists.

As a Breast Cancer survivor, Mari regained her health utilizing both traditional and alternative therapies. She has now dedicated her life towards helping others to heal.

To schedule an appointment contact:

www.nyhypnosiscenter.com

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702-454-7910

For Your Consideration

We offer the following services for the general public ... Free of Charge.

Available in NY & NJ Offices

Guided Relaxation

LAST WEDNESDAY OF EVERY MONTH

Space is Limited – Call for Reservations

Cancer Patients

You are special individuals and are very near and dear to our hearts. At the NY Hypnosis & Healing Center we always offer our services for help with Nausea Control, Sleep and, Stress Issues by utilizing Guided Imagery. These techniques often help people relax and remain rested during their Chemotherapy and Radiation treatments. Sessions run approximately ½ hour. This service is available in NY, NJ and NV.

By appointment only