



Mary
Battaglia

Certified Clinical Hypnosis
and Sound Practitioner

Mary Battaglia, CMS-CHt, is a certified clinical hypnosis practitioner who is dedicated to helping people improve their lives through hypnosis, a natural altered state, which can clear internal blocks that prevent people from living up to their full potential. Mary believes that we all have the power within ourselves to make the changes if we want to. Hypnosis can help people make positive changes because it works with the subconscious mind to clear the negative beliefs we have about ourselves like low self-esteem. It can open the door to new possibilities.

SIGNATURE TOPICS

- ✓ Creating Calm After A Cancer Diagnosis
- ✓ How to Befriend Chemotherapy
- ✓ How Hypnosis Helps After A Cancer Diagnosis
- ✓ Hypnotic Visualization for Healing
- ✓ Bringing Spirituality Into Healing

Get in Touch!

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ABOUT MARY

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Mary works with people in person in the NYC/NJ area or over Zoom worldwide. She is the author of the book, Transformation Through Hypnosis: Relax, Clear Your Mind, and Step Into Your Power. She is a nationally sought after speaker to discuss change, transformation, power of the mind, and cancer. She has been featured on Fox News, News 12 New Jersey, WOR Radio, AM970 The Answer, The Record and Oncology Issues Magazine.

Mary focuses on helping people heal the mind, body and spirit. She offers free 15-minute online meditations on Wednesdays at 7:30 am ET.

MEDIA APPEARANCES

Conversations with Joan
NY's AM970 The Answer
iHeartRadio

News12 New Jersey

Fox News


The Record


WHAT PEOPLE ARE SAYING ABOUT MARY

Mary's compassion and knowledge creates the perfect healing environment.
Joan H.

Mary has a tremendous amount of expertise in her field. She's always professional, kind, and thorough.
Allison K.

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SUGGESTED INTERVIEW QUESTIONS

How can someone create a positive mindset during cancer?

Why is a positive mindset so important?

How can hypnosis alleviate fear?

What is hypnotic visualization?

How does visualization promote healing?

Three strategies to create healing with hypnosis?

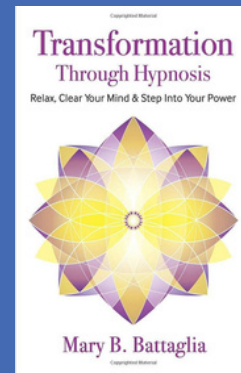
How has hypnosis helped Mary with her cancer journey?

Ways to gain back control over cancer?

What is the role of spirituality in healing?

DESIGNATIONS

- Certified clinical hypnosis practitioner
- Certified sound practitioner
- Ordained Interfaith Minister



Transformation Through Hypnosis shows you easy-to-follow steps for clearing your mind, being calm, creating a positive mindset, and living up to your full potential. Author Mary Beth Battaglia reveals how she used hypnosis to go from feeling hopeless and stuck to healing from loss and pain. When you read this invaluable guide you will learn:

- Why hypnosis is a safe effective and life-changing discipline.
- Practical exercises to help you deal with daily stress, overthinking, and negative thoughts.
- Tips on creating positive affirmations.
- How to develop a confident, loving, and powerful self through hypnosis