

# Find Your Path to an Extraordinary Life!

Love Your Lifestyle \* Shift to Positive Thinking \* Step Into Your Power



## Mary Beth Battaglia

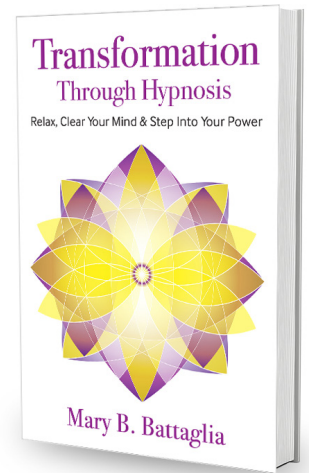
Hypnotherapist, Author, Speaker



Mary Beth Battaglia has a passion for helping people with the elemental struggles they face due to stress, depression and anxiety. She is a Certified Clinical Hypnosis Practitioner, a Medical Hypnotherapist and Sound Healing expert with over 500 hours of combined training from the Hypnotherapy Academy of America.

Mary Beth has discovered the powerful and life-changing combination of hypnosis and sound vibration creating deep levels of relaxation and calm. By blending sound with hypnosis Mary Beth gives her clients and audiences a deep, relaxing experience, offering them a tool belt of coping skills that can be used daily to maintain balance and calm.

Mary Beth is taking Clinical Hypnosis mainstream by creating a welcoming and safe energy to work in, offering private sessions, group webinars and workshops. Mary Beth's book, *Transformation Through Hypnosis*, is available on Amazon.com



Mary Beth is available for corporate HR, professional groups, health & wellness groups/conferences, stress reduction and relaxation groups and motivational speaking.

### Testimonials:

*"Mary Beth Battaglia is the go-to specialist for anyone who wants a more positive mindset, stress reduction, inner peace, and happiness." -Joan Herrmann Radio Host, Publisher, Author*

*"...Hypnosis is a well-studied and legitimate form of adjunct treatment for conditions ranging from obesity and pain after surgery to anxiety and stress." Irving Kirsch, Lecturer and Director of the Program in Placebo Studies, Harvard Medical School*

### Speaking Topics:

- The Power of the Mind to Reduce Stress & Increase Peace
- Reconnect to Your Unlimited Potential
- Step into Your Power
- Creating a Healthy Mindset and a Healthy Lifestyle
- Improve Employee Satisfaction, Reliability and Performance
- Break Your Bad Habits, Create Better Ones and Regain Control

### Let's Connect:

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### As Seen On:

