

Seattle Healing Hypnotherapy & coaching



Thanks for subscribing. Now you can relax.

You are in! Thank you for taking action and investing in you. I have some exciting things cooking and cannot wait to share them with you.

In the meantime, enjoy my complimentary **Self-Hypnosis for Relaxation** recording.

Just under 30 minutes, it's ideal for relieving stress fast. For best results, please listen in a quiet place free of distractions or interruptions.*

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Love & Light,
Laura

www.seattlehealinghypnotherapy.com

[206-765-8265](tel:206-765-8265)

* Please do not listen to **Self-Hypnosis for Relaxation** while driving.

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