

Compassionate, Confidential, Private Sessions

Darlene Brooks CH, LPN, NLP Master Hypnotherapist

Certified by the National Guild of Hypnotists
Certified 5 Path Hypnotherapist
Certified 7th Path Self-Hypnosis Teacher
Certified Sports Enhancement Specialist
Certified Neuro Linguistic Practitioner
Certified Chronic Pain Specialist
Reiki Energy Healing
Professional Artist
Art as Healing

Support to help you:

Stop Smoking
Reduce Weight
Modify Behavior
Release Procrastination
Increase Motivation
Reduce Fear & Anxiety
Minimize Stress
Reduce Chronic Pain
Improve Sports Performance
Experience Forgiveness

Childhood Issues
Experience Forgiveness
Emotional Reactions
Improve Intimacy
Build relationships
Enhance self-esteem
Improve Sleep
Address Health Issues
Clear Phobias
Release Anger Issues

Workshops available for individuals and businesses:

Group Self-Hypnosis classes
Empowerment for the Business Owner
Adventures in Creativity workshop
Choose and Create Your Life Workshop
Detach With Love Workshop

Anger Releasing Techniques
Stress Release workshop
Guided Imagery workshop
Self-Empowerment Series

7th Path Mind, Body, Spirit Self-Hypnosis

**Call Dar Brooks a trusted professional in the healing arts
(612) 940-2094 darbrooks@integra.net**

