



CAROL BARWICK

## Hypnotherapy Testimonials

"I cannot rate Carol highly enough nor can I put into words how much she has helped me to change my life. The secret addiction to the bottle of wine at the end of the day had become an essential prop rather than a pleasure to be enjoyed and it had taken over my life. With Carol's help I have walked away from the wine and gained my life back. Carol not only made the whole process so easy and painless, she made it fun and interesting. I learned a lot about myself and now feel a completely new person. Don't waste time wondering what if, take that step it is so worth it."

GS

"When I met Carol I knew she was special. I had been carrying a lot of baggage from the past which affected my ability to function in the present. I always deal with problems by suppressing them, hoping they would just go away. I was desperate and really didn't believe anyone could change the way I was. After one session I left feeling a lifetime of anxiety had been taken away, I was free from stress, worry and self-doubt. I felt positive about my future, my life and I can't explain how happy I felt. I got home and realised my face hurt... I had been smiling all the way home and that hadn't happened for years! Four days after that first session, I got myself an interview for a new job, I was successful and start on Monday! All I can say is if there are such things as Guardian Angels, Carol is definitely mine! Thank you so much"

Karen



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"I had been suffering with serious digestive problems and IBS for a year after coming off a long term antacid drug. My whole life was affected by my inability to even socialise on occasions. When Carol offered to help, I was not very confident it would work because I had intensively researched information and applied every aspect to my problems without success. After one session I was much better and within a week, I was in a whole different place. One month on and I am almost normal. I am certainly very comfortable now and all of the misery, that only those who suffer with this problem can understand, seems to be behind me. I have a whole new lease for a life that has always carried a lot of stress, but I am back to my old self which is very exciting. Carol approaches everything in life with 100% enthusiasm and professionalism. She has the ability to focus and identify key factors in given situations, when we ourselves can't see clearly due to whatever discomfort we have, be it emotional or medical. Although thorough with any challenge she sets herself, I think she has found her true talent with this line of work. Don't sit out there with a problem regardless of how difficult it is to face. Go and see Carol. I would be very surprised if she didn't make it better."

JL

When I contacted Carol I was in a desperate state having suffered from migraines for 20 years. They had been worsening over time and lasted 48 hours with severe head pain and constant vomiting. Having tried everything (including acupuncture and other alternative remedies) I hoped that with hypnotherapy, Carol might be able to 'change my mind' about my migraines.

So far, so good. I have had only one, very minor, migraine since the session and it was very different to the usual attacks as I experienced only very mild discomfort and no vomiting at all, which for me is nothing short of miraculous! Normally I cannot move from my bed for two days. I can highly recommend Carol as a therapist. She put me at my ease as soon as I arrived and the session was not only fascinating and informative but fun, too. Thanks Carol!

Catherine



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“The breakup of a marriage and loss of a job left me ‘spineless’ and I had lost ‘me’. On my own with a 3 year old to care for I resorted to comfort eating. My self-esteem and self-worth had hit rock bottom simply existing, not living. With Carol’s help I am now a confident, happy, successful woman. I’ve lost weight, gained confidence and have ‘me’ back. When I saw Carol for help with my weight, it soon became apparent that my overeating and weight gain was linked with my emotions. She helped me understand my issues and, not only identify them [often before I did, as they were buried so deep! but gave me solutions to these problems. With her help I worked towards planned goals. The hypnosis helped me become more positive and changed my whole outlook on life. Carol was also available for support in between sessions. I am back to my normal self, off anti-depressants. I have a new and better job, and am on my way to a new loving relationship. I don’t think my problems are uncommon and I would recommend Carol to anyone who feels that they are not achieving their full potential in life.”

Les

“Carol Barwick has changed my life. I had gone through a year of total agony, which led to extremely invasive surgery, and was at the point where I was just depressed and beaten by the pain every day. Now we’re working together to make that manageable. She has helped to make the pain endurable, helped keep my head above water, and helped with living my day to day life, my sleep, my eating, my happiness. It’s amazing what she has done for me. She has equipped me with loads of techniques to keep me going in between sessions, and her passion for them is contagious! I’ve not only been researching how to use things like NLP and EFT to benefit myself, but I’ve had the interest planted in my mind to make me want to educate myself for the sake of it. Carol is so enthusiastic about all the different techniques that she uses, that I want to learn and experiment with them more to see how they can benefit my life, not just my pain. One of the most amazing things that Carol has done with me, is do some hypnosis down the phone. My pain is sporadic, it just comes and goes. One day, I had to leave work because it was so bad, and the only person I felt I could turn to was Carol. She dropped everything and just helped me. It was amazing, I couldn’t believe it, but she was able to do that over the phone. Thank you Carol. I can’t express enough how much I appreciate everything you’ve done for me”

Jack



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"I suffered a severe leg break which, coupled with stress at work, left me with agoraphobia, unable to leave the house on my own, or even move at work unaided. Daily panic attacks and living with the need to be constantly supported affected my life – I went from being a confident, outgoing person to someone who lived in a cycle of terror. I'd researched alternatives and knew a little about Neuro Linguistic Programming thinking it would be something I'd be comfortable with and I found Carol. As soon as we met I knew immediately the therapy would be successful. Her unwavering positivity and belief that we could work together to improve and overcome this situation, which had ruined my life for four years, had a profound effect on me. She taught me the answers were within me – all I needed were the tools and techniques to unlock the part of my mind that was rendering me unable to heal and move on. Carol is not only a consummate professional who tailors therapies to the needs of the individual, she's a wonderfully warm, caring person with a genuine desire to improve the quality of life of her clients. I haven't had a panic attack since my second session. I now look forward to going to town on my own, and my desire and ability to do more increases daily as does my confidence and feelings of self-worth. I strongly suggest that anyone who needs help with a phobia should visit this wonderful lady and give her the chance to weave her own particular brand of magic. It's working for me!"

Maggie Cross

"After suffering years of insomnia, I decided after a recommendation by a friend to approach Carol for help. I found the sessions to be extremely helpful. She approached my problem from all angles - suggesting a combination of herbal remedies for allergies, relaxation techniques and practical advice. Carol managed to re-tune my chaotic sleeping pattern into a new settled routine of peaceful nights where I wake refreshed. Before I saw Carol, I thought I knew everything about how to combat insomnia, clearly I didn't. She worked on my personal and individual needs and this powerful combination of suggested adjustments worked brilliantly to get me back on track."

Pauline Ralph