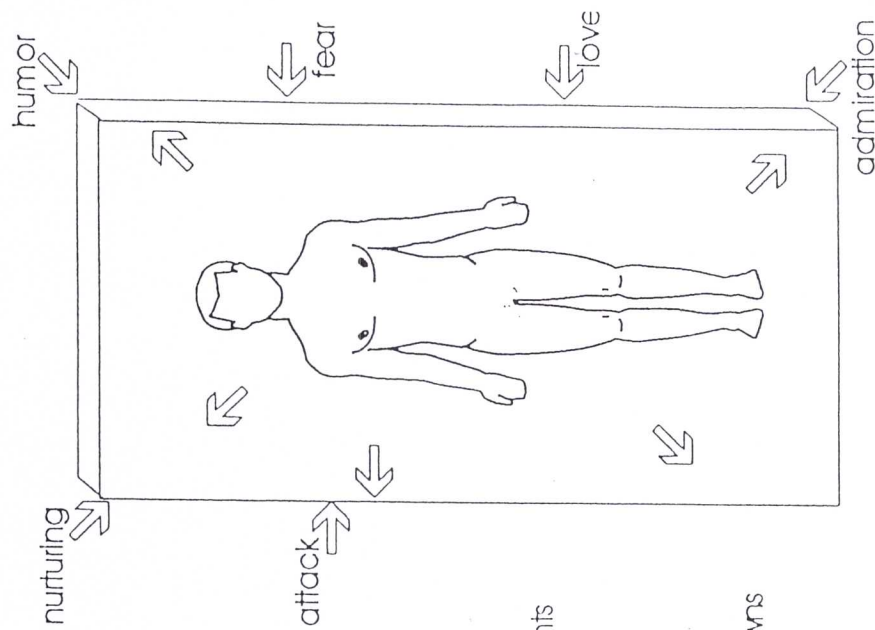


A CLEAN BREAK
“STOP SMOKING”

**By unlocking the power of the
unconscious mind through
hypnotherapy**

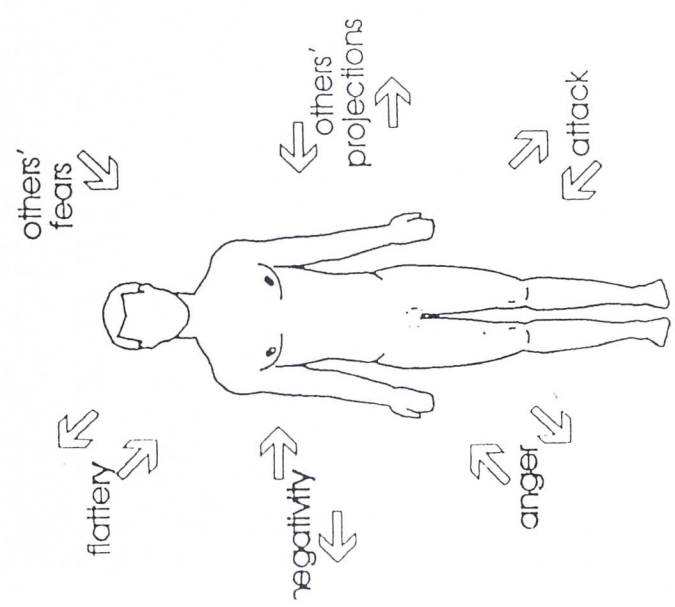
ELISE BEEBY

Personal Boundaries



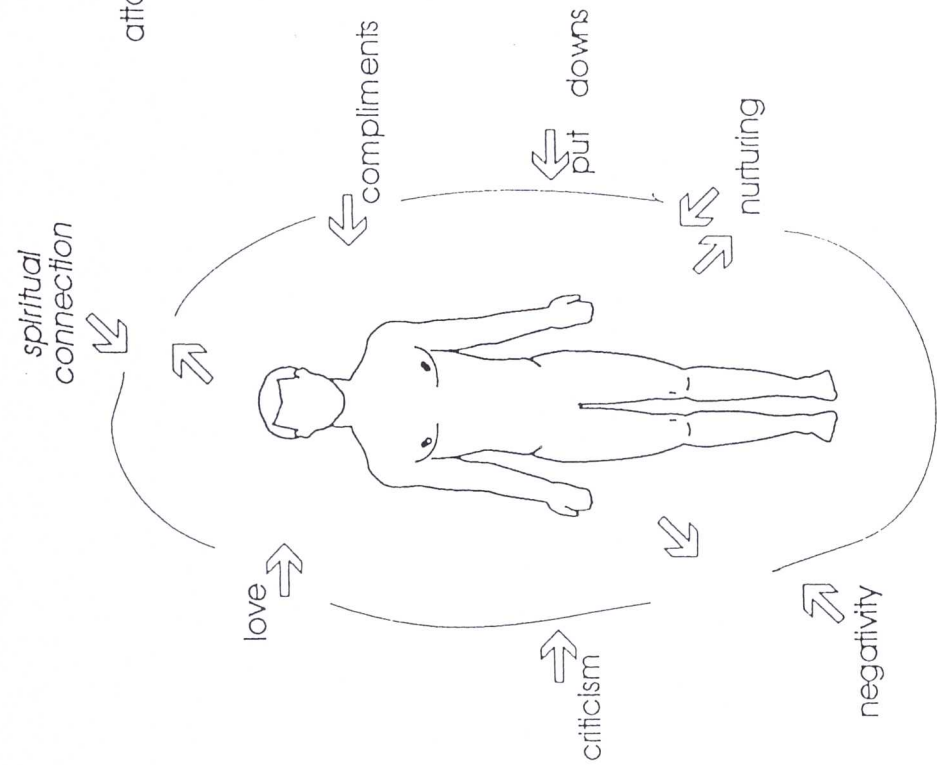
Rigid Boundaries

Nothing gets in or out
feel:
lonely
empty
lack of self-worth



No Boundaries

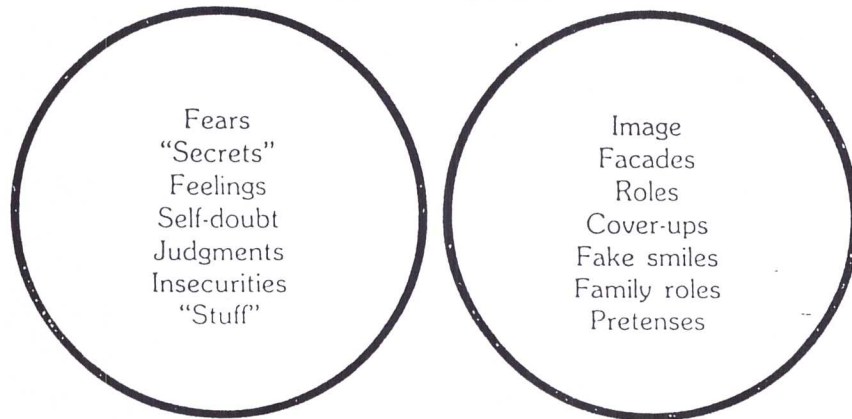
Everything gets in
feel:
overwhelmed &
lack of identity



Permeable Boundaries

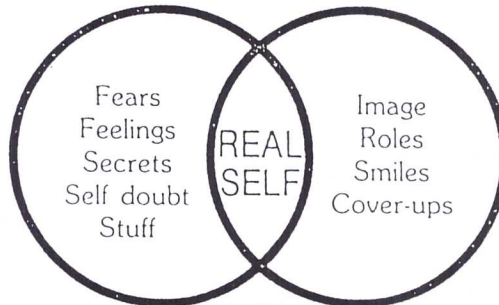
Selective filter
keeps out the unhealthy
and lets in the healthy
feel:
self-esteem

from co-dependency
to health



PRIVATE-SELF

PUBLIC-SELF



ELISE BEEBY