



Photo by Alice Keeney

## Hillary Evans, CHt | Winning the Battle of Bad Habits

When you think of hypnotherapy, things like quitting smoking and weight loss come to mind...or even “performance” hypnosis that magicians demonstrate on audience members. Which isn’t actually hypnotherapy, says Hillary Evans. And she’d know the difference. A certified Clinical Hypnotherapist (CHt), Hillary works with clients on everything from overcoming bad habits to reducing stress to changing negative thought patterns to positive ones. “Hypnotherapy is really about life improvement,” says Hillary. “Anything that affects our thoughts, beliefs and emotions can be stressors and hypnotherapy is a powerful tool for change.” Always interested in human behavior, Hillary spent nearly 20 years in NYC working in marketing and digital media before moving to Charleston. She attended The Florida Institute of Hypnotherapy and discovered her true passion in helping people overcome roadblocks in their lives. “A lot of my work involves reframing perception and letting go of old patterns,” says Hillary. She opened her office on East Bay Street earlier this year and has built a busy practice. Read more about Hillary and her practice at [TrueHypnosis.com](http://TrueHypnosis.com).