



WELCOME TO OUR

MONTHLY NEWSLETTER

ATTENDING THE MIND, BODY, AND HEART



Dear Friends,

This May feels different. It's a season of renewal—and a season of recommitment.

Mother's Day reminds us of the incredible strength it takes to nurture life, to hold space for others, and to carry hope for ourselves—even through times of pain or uncertainty.

This month, I want to honor the healers behind the healing: the mothers, the daughters, the caretakers, and the countless women who have held invisible worlds together with love.

Recovery is never just physical—it's emotional, mental, spiritual. And it's often the heart that needs tending first.

In this issue, we celebrate emotional resilience, honor the powerful history of hypnosis in healing, and raise awareness for women's health—especially the importance of protecting our hearts and minds after the storms we survive.

Let's begin.



In this newsletter you will find:

Latest projects, free resources, and more. Keep Reading!



WOMEN'S STROKE RISK IN A CHANGING WORLD

SINCE THE COVID-19 PANDEMIC, WOMEN'S STROKE RATES—AND POST-STROKE EMOTIONAL CHALLENGES—HAVE RISEN SHARPLY.

Research from the American Heart Association and recent stroke studies show that emotional trauma, caregiving pressures, delayed medical care, and prolonged stress have led to a measurable rise in strokes—particularly among women aged 35 to 54.

Today, emotional wellness is no longer a luxury in recovery.

It's essential.

Healing the mind and heart is as vital to stroke prevention and recovery as treating the body itself.

This is where hypnosis offers something extraordinary:

- ✨ A space to heal not just physically, but emotionally and mentally, too.
- ✨ A way to gently encourage neuroplasticity—the brain's natural rewiring process.
- ✨ A way to find peace, courage, and hope again.

[SEE FULL CASE STUDY](#)



HONORING HEALING | CELEBRATING RESILIENCE

A LITTLE-KNOWN FACT:

Did you know that Florence Henderson—the beloved actress who played America's favorite mom on *The Brady Bunch*—was a certified hypnotherapist?

She believed deeply in the mind's ability to heal, rebuild, and transform—and she used her knowledge to support emotional wellness throughout her life.

One of the places she helped the most was City of Hope to help cancer patients cope and rebuild during the toughest times of their lives.



MOVING FORWARD, GENTLY

MAY IS STROKE AWARENESS MONTH.

If you or someone you love is navigating life after a stroke, download our free Stroke Recovery Support Booklet—a gentle guide to emotional and mental healing after stroke.

[INSTANT DOWNLOAD](#)

HEALING DEEPER | HOPE BEYOND RECOVERY

AT HYPNOSIS HAVEN, WE BELIEVE TRUE HEALING
IS NEVER LIMITED TO JUST THE PHYSICAL.

It reaches into the quiet spaces—into memory, identity, and resilience. For those continuing the journey beyond stroke recovery, we offer expanded support for:

- Emotional resilience and self-trust
- Releasing trauma carried silently in the body
- Navigating sensitive healing challenges, including compulsive behaviors and sexual addiction, with dignity and care

Healing is never about shame.

It's about reclaiming peace where pain once lived—and choosing new strength with every step forward.



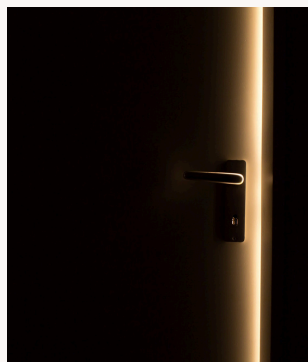
A NEW OFFERING: LATE IN THE EVENING

A NEWSLETTER DEDICATED TO RESILIENCE, EMOTIONAL HEALING, AND
THE QUIET POWER OF STARTING OVER.

For those navigating deeper emotional healing journeys, we are proud to introduce our sister newsletter:

Late in the Evening — a gentle space for resilience, renewal, and emotional hope in the quiet places life often overlooks.

Coming soon to Hypnosis Haven.



CONTINUE YOUR JOURNEY

EXPLORE. BREATHE. BEGIN AGAIN.

Healing isn't a straight line—it's a journey of rediscovery, breath by breath.

At Hypnosis Haven, we're honored to walk beside you with resources that support both the visible and invisible parts of recovery.

Whether you're navigating stroke healing, emotional resilience, or deeper transformations, you have a place to land here.



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