

Submitted by K Jones on Friday, Jan 26, 2018 10:04 am

Email: richardandkathyjo@gmail.com

Overall Rating: 5 out of 5

Service: 5 out of 5

Responsiveness: 5 out of 5

Expertise: 5 out of 5

Results: 4 out of 5

Communication: 5 out of 5

## Sleep Problems

*I found Anthony helpful, patient and thorough.*

✔ Accepted

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Submitted by Rob David on Friday, Nov 10, 2017 12:46 pm

Email: rob1.5ugars@hotmail.co.uk

Overall Rating: 5 out of 5

Service: 5 out of 5

Responsiveness: 5 out of 5


Expertise: 5 out of 5

Results: 5 out of 5

Communication: 5 out of 5

## Fixing My Claustrophobia

*For a long time ,I had a real problem with enclosed spaces , but in particular with aeroplanes. Indeed, my wife was sure that we would never holiday abroad again due to my problem .Anthony has fixed that for me . His expertise and and understanding , plus his very professional approach to my situation has transformed my own approach. His guidance has enabled me to help myself and I now am able to fly without any problems. Next May , it's Australia - and it's all thanks to Anthony. I can thoroughly recommend his services to anyone out there who has any kind of phobia. Believe me, Anthony Wilson can fix you .*

 "Accept" or "Delete" reviews visitors write about you. Accepted reviews are displayed on your listing. Deleted reviews are erased.

Submitted by Gill Farrington on Saturday, Feb 02, 2019 19:47 pm

Email: gill.farrington13@hotmail.co.uk

Overall Rating: 5 out of 5  
Service: 5 out of 5  
Responsiveness: 5 out of 5  
Expertise: 5 out of 5  
Results: 5 out of 5  
Communication: 5 out of 5

### **Anthony Wilson**

*I went to Anthony suffering with intense pain due to Rheumatoid Arthritis. Anthony was always clear as to what we were going to cover and what we hoped to achieve from it. He also provided cd recording of every session to use at home. Anthony is very empathic and I felt I could be honest with him in a way that was difficult with close friends and family members. I always felt secure with him during the hypnotherapy sessions and trusted him completely. The hypnotherapy helped significantly with the way that I deal with the pain and with dealing with the lack of sleep that the pain can cause. It also helped with my self confidence and my depression. I now sleep better & should the pain wake me, I simply put on one of the tapes& it helps me relax through it &return to sleep again. I listen to the library of tapes once a day - most days - as I find it still helps with the pain and is relaxing*

 **Accepted**

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Submitted by Jane M on Wednesday, Jan 30, 2019 12:47 pm

Email: llangynogladly@outlook.com

Overall Rating: 5 out of 5  
Service: 5 out of 5  
Responsiveness: 5 out of 5  
Expertise: 5 out of 5  
Communication: 5 out of 5

### **Excellent**

*Anthony is a star! Polite, punctual, diligent and successful. After years of trying to beat binge eating, tablets, GP, etc etc I found him at Aardvark in Carmarthen. Lots of extra help re strategies and I've beaten it. I highly recommend Anthony, go for it! Jane Carmarthen*

✔ Accepted

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Submitted by SP Lewis on Monday, Jan 28, 2019 19:20 pm

Email: sarapicton04@aol.com

Overall Rating: 5 out of 5  
Service: 5 out of 5  
Responsiveness: 5 out of 5  
Expertise: 5 out of 5  
Results: 5 out of 5  
Communication: 5 out of 5

### Swimming Anxiety

*I had no idea how Anthony was going to help me overcome my fear of letting myself go in the water. I needn't have worried. Each session was recorded on a CD to take home and work with between sessions so I always had access to Anthony's calming voice and his belief that I really could do this. I began to have confidence in myself, not just with my initial issue but in other areas of concern in my day to day life. I have a lot to be grateful for. I'm swimming weekly, something I never thought possible!! I feel confident and happy and excited at the prospect of any new challenges ahead. Thanks Anthony.*

✔ Accepted

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Submitted by m phillips on Monday, Jan 29, 2018 09:40 am

Email: mechymike@hotmail.co.uk

Overall Rating: 5 out of 5  
Service: 5 out of 5  
Responsiveness: 5 out of 5  
Expertise: 5 out of 5  
Results: 5 out of 5  
Communication: 5 out of 5

### Anxiety

*I found Mr Wilson to be friendly understanding and very knowledgeable, with a very calm way of doing things I would recommend him to anyone with any problem.*

✔ Accepted

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