

Soul Psychology Benefits

- * Manage stress
- * Thrive despite chronic pain/illness
- * Make peace with pain
- * Discover your soul purpose
- * Enhance creativity and intuition
- * Find meaning in life
- * Cultivate feelings of peace
- * Increase happiness
- * Increase productivity
- * Achieve balance in your life
- * Build confidence/achieve goals
- * Make more effective decisions

Hypnosis Benefits

- * Prepare for surgery
- * Prepare for birthing
- * Manage pain
- * Improve sports performance
- * Improve self-esteem
- * Manage weight
- * Explore past lives



About Dr. Harrell

Kirsten Harrell, Psy.D. is a Soul Psychologist, freelance writer, inspirational speaker, and entrepreneur. Dr. Harrell has combined her expertise in positive psychology, energy psychology, spirituality, stress management, and mind-body therapies, to provide cutting edge services to individuals and businesses for over 15 years.

In addition, she is a leading authority on the use of positive thinking to create health, happiness, and success. Dr. Harrell is the creator of the powerful Interactive Soul Journeying (TM) technique. She is the President and co-founder of Popular Inspirations, Ltd. (www.ipopin.com) and co-creator of ipopin one minute affirmations (TM).

Soul Psychologist

Dr. Kirsten Harrell

- * Positive Psychology
- * Energy Psychology/EFT
- * Hypnosis
- * Interactive Soul Journeying (tm)

*Are you ready to reach
your fullest potential
and create a life of
magic and miracles?*



Soul Psychology

Soul Psychology is Dr. Harrell's most comprehensive and transformational service. She spent many years searching for and studying the most effective techniques and ideas to help people create greater health, happiness, and success. Soul psychology is the result of her years of experience and training. It is an unique combination of energy psychology (tapping and EFT), positive psychology, interactive soul journeying (tm), mind-body medicine, Universal laws of success, and various spiritual traditions. Dr. Harrell's Soul Psychology is cutting-edge and an extraordinarily powerful approach to wellness.

The Universe is an unlimited source of miracles and magic and you are each a part of this infinite wisdom and potential. Dr. Harrell serves as a powerful and dynamic guide on your journey toward connecting with this infinite field of possibilities. She will help you connect more deeply with your soul-self/personal power so you can discover and fulfill your highest purpose in life.

Whether you are dealing with a chronic health problem, making a change in your life, or wanting to discover your soul path, Soul Psychology can help you achieve your goals!

Hypnosis

Hypnosis is a very powerful tool that can be used for a variety of issues. According to the American Society of Clinical Hypnosis, hypnosis is a state of inner absorption, concentration and focused attention. Hypnosis is the epitome of self-control. In fact, all hypnosis is really self-hypnosis. You are always in charge of how deeply you relax. Hypnosis is simply one of the very best ways to tap into your full potential and enhance your body, mind, and spirit.

It has been used successfully in medicine to help treat gastrointestinal disorders, chronic and acute pain, burns, nausea, allergies, high blood pressure, asthma, and bleeding disorders. It is also used pre-op and post-op for many surgeries. Hypnosis is used frequently to improve sports performance, public speaking, and school performance. This technique also lends well to spiritual development because it helps you access your soul-self (your core self, divine spark, etc).

Personalized Plan

Dr. Harrell will work with you to create a plan that suits your needs. In order to work with Dr. Harrell you must be ready to make significant positive changes and accept full responsibility for your life. This approach tends to be more powerful than therapy, coaching, or traditional methods and will catapult you forward in life, as long as you are willing to make the necessary changes.

Soul Psychology and hypnosis sessions are \$125/hour and full payment is required at the time of your appointment.

Seminars

The Energy of Success

Tap into the energy of success to create magic and miracles in your daily life! By attending this powerful seminar you will gain a deeper understanding of the Universal principles of success. More importantly you will discover how to integrate these principles into your daily routine to develop a more satisfying and fulfilling life. Topics that will be covered include Universal laws of success (including the law of attraction), intention, awareness, attitude, applied faith, centering, affirmations, imagery, intuition, listening, and playfulness.

From surviving to thriving

Explore ways to go from surviving chronic pain and illness to thriving. Acceptance and peace are the keys to living a full and happy life despite health problems and chronic pain.

Other topics include:

- * The power of intention
- * Mindfulness
- * New attitude
- * Developing intuition
- * Stress management
- * Power of positive thinking

For more information on seminars and keynotes please call 937.477.5626