

Lynn Merves of Your Integrated Hypnosis to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- For people who are serious about golf, it's not just a game, it's central to their life, including their social life. Struggles in golf can affect confidence, not just off the tee or on the putting green, but in everyday life.

Being successful in golf requires the ability to exist completely in the present moment. Your subconscious stores positive and negative information and that actually controls your performance. Golfers call it the "yips" when the subconscious has a negative influence on your performance and self-confidence.

Hypnosis has helped millions with smoking cessation, weight loss, chronic pain, stress and anxiety. So why not golf?

Lynn Merves is a board-certified hypnotherapist and creator of HypnoSwing™, a six-week program dedicated to improving your golf game through hypnosis.

"With my program golfers see changes almost immediately," says Merves. "Many golfers have coaches to help with their physical form. As a hypnotherapist, I am their coach to teach them how to strengthen their mind and erase the notion of defeat! They begin to get their confidence back. They learn how to get out of their head and be in the moment so they can play the game better. They're not thinking about the end game; they're thinking about whatever is happening right then and there."

HypnoSwing™ is the act of using hypnosis to combine your mind and body when playing golf to produce the best swing you're capable of. If you are suffering from golf nerves and yips, HypnoSwing™ can reprogram your mind for golf success by helping you concentrate on your vision of an ideal golf game from the first tee-off to the final putt.

It may be surprising to learn Merves is not a golfer.

"Golfing fell into my life," recalls Merves. "I had a golfing client who had used hypnosis to stop smoking and he had been very successful, so he thought maybe it would help his golf game. And it did. It helped him fairly quickly. Then I got a second golfer, again without promoting golf. After



that, I started to really pay attention and look into working with golfers. I quickly realized that many golfers don't come close to using their full potential."

Still, Merves says the fact that she is not a golfer doesn't change how effective her program is. As a hypnotherapist, she knows how the process of the mind works.

"I'm not a smoker but I help people stop smoking," says Merves. "I'm not afraid of flying and I help people that are afraid of flying. So, I don't have to know how to play golf to help golfers."

CUTV News Radio will feature Lynn Merves in an interview with Doug Llewelyn on May 17th at 12pm EDT.

Listen to the show on [BlogTalkRadio](#)

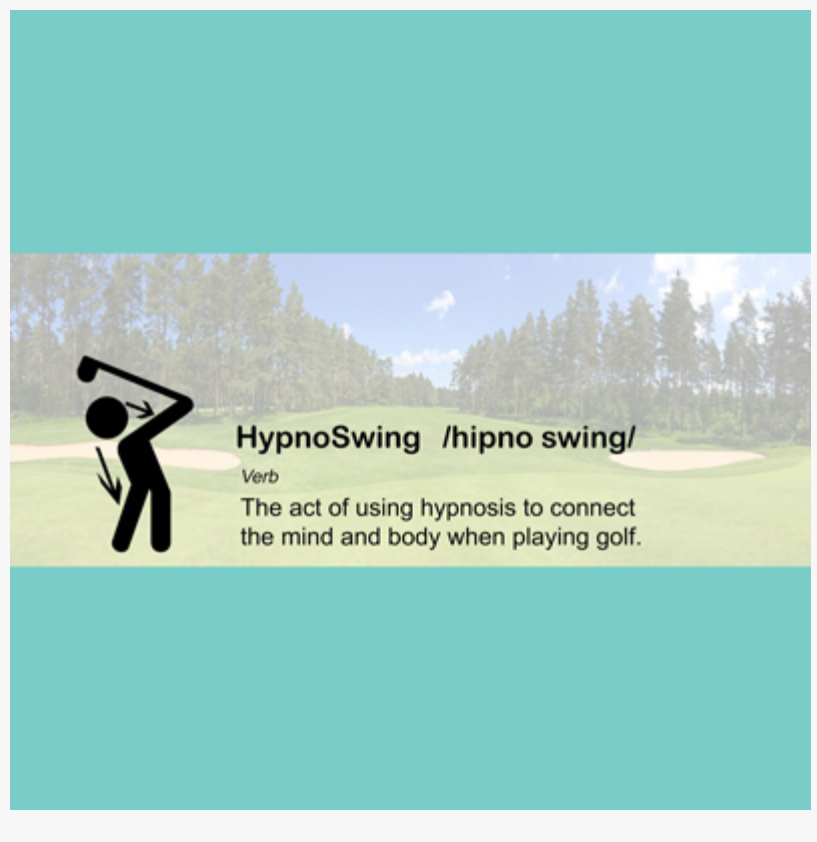
If you have any questions for our guest, please call (347) 996-3389

For more information on our guest please visit www.yourintegratedhypnosis.com

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Your Integrated Hypnosis



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The act of using hypnosis to connect the mind and body when playing golf.

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