

Local Focus - Ali Hunn, Hypnotherapist

Name: Ali Hunn

Business: Reflexions Hypnotherapy

Located: Irstead Street, Irstead

Specialism: Weight loss, smoking cessation, fears & phobias, confidence, anxiety & stress and exam & driving test nerves.

Who do you have at home?: My husband as well as a menagerie of wildlife in our garden.

What next for your business?: To become established in the area and to continue to provide the best service that I can.

Hobbies/Interests?: Alternative therapies, crystals, reading, live music and riding my motorbike.

Favourite Sport?: I have a bicycle. Does that count?

Sporting Prowess?: I once won a kick boxing trophy.

First Record you ever bought?: Fernando by Abba (ssshhhh!)

Favourite Music Artists now?: Led Zeppelin, Jimi Hendrix, Black Sabbath as well as local rock blues band Egypt.

Favourite Food?: Anything hot and spicy.

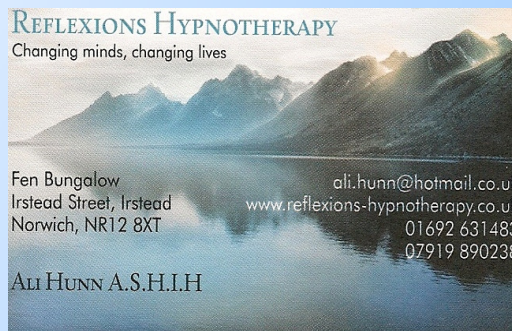
DIY Abilities?: None that I know of.

Favourite Place?: We went to Peru for our honeymoon and Machu Picchu was amazing. I took 80 photos of the place!

3 Most Admired People?: The Dalai Lama for his insight, Anne Frank for her courage and Mother Teresa for her compassion.

Worst Habit?: Eating peanut butter straight from the jar.

Biggest Regret?: I don't regret anything because all of our life experiences make us the



person that we are today.

Favourite Quote?: "Find a job you love and you'll never work a day in your life" – Confucius.

A skill you possess that few know about?: I can count to ten in Esperanto (very useful!).

Return to Earth as What?: A soaring bird like a condor or an eagle.

When people contact you, what do they get?: The chance to change their lives for the better.

Your Message to the world?: Courtesy of Mahatma Gandhi – "You must be the change you wish to see in the world".