



Breaking Free from Addiction: Final Section

SECTION 7

Dr. John's
SYSTEMS & SOLUTIONS

Dedication to all my clients and members

These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

Dr. John Souglides Ph.D.

Breaking Free from Addiction

SECTION 7: Personal Support with Dr. John Souglides Ph.D.

*By Dr. John Souglides Ph.D. – Specialist and Expert in:
Hypnosis, NLP, Holistic Life Coaching, Transpersonal Counselling, Parapsychology, Life
Transformation and Metaphysics
drsouglides.com
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You do not have to walk this path alone. Dr. John Souglides offers you his decades of experience, personalized guidance, and a non-judgmental space for your transformation. This section helps you understand how to take the next step with expert support.

About Dr. John Souglides

With over 35 years of experience in metaphysical philosophy, holistic NLP, transpersonal counselling, non-medical hypnotherapy, and life coaching, Dr. John specializes in helping people overcome deeply rooted emotional and subconscious blockages.

His methods are grounded in:

- Metaphysical wisdom and energy philosophy
- Holistic subconscious reprogramming
- Breathwork, meditation, and visualization
- Integrity, compassion, and individualized attention

Tailor-Made Sessions for Your Healing Journey

Dr. John offers one-on-one online sessions designed specifically for your:

- Unique psychological and spiritual makeup
- Personal history and subconscious patterning
- Addictive tendencies and recovery needs
- Life goals and internal aspirations

Whether you're on vacation, working, or at home, his virtual sessions provide privacy, flexibility, and focused attention from anywhere in the world.

How to Book a Session

To begin working directly with Dr. John:

- Visit his official website: www.drsouglides.com
- Fill out the contact page
- Sessions can be scheduled via Zoom, Skype, or secure video call
- Confidentiality and professionalism guaranteed

Note: *Booking a session shows your full commitment to transformation. Dr. John works with clients who are 100% ready to invest in themselves.*

A Message from Dr. John Souglides Ph.D.

“These workbooks are sacred tools. But real change happens when you decide to become your own healer, your own hero.

You are not broken. You are powerful beyond measure. When you align your thoughts, emotions, spirit, and values, your life transforms.

I am honored to walk beside you as you reclaim your worth and rebuild your life with purpose, love, and integrity.”

— Dr. John Souglides Ph.D.

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Dr John Souglides, Ph.D.

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