

If you are a smoker you probably already know everything that is on this page. You know that hypnosis helps release the smoking habit in a quick and comfortable way. Releasing the smoking habit using hypnosis is successful 65% of the time when at least three hypnosis sessions have been conducted with the client.

So what about the other 35% that did not succeed? I'm going to be honest with you here ... Hypnosis will only help you do what you want to do ... You have to want to quit smoking ... The very best time to quit smoking using hypnosis is when you are at the point of being totally fed up! When you are at the point where *you are sick and tired of being sick and tired* ... If the first couple of sessions don't get the results you want ... you are the one hounding the hypnotherapist, to do one more session with you!! In other words, your desire is key.

THIS is your ideal time to quit smoking.

You may be asking yourself the question, how do I know that the 35% who do not succeed were actually in hypnosis?

I will tell you how I know. I know because most people come in with multiple issues. Perhaps someone who is a smoker has trouble sleeping at night ... and within a week the client is sleeping peacefully all night long ... that tells me that the client has responded beautifully to the hypnosis session and that we need to keep working on releasing the smoking habit. Plan for 3 to 5 sessions and if it turns out that you don't need that many, that's great!

Break the chains of bondage. Become a non-smoker!

BE A NON-SMOKER LIKE THE STARS ON THIS LIST!

- ❖ Samuel Jackson
- ❖ Ellen Degeneres

- ❖ Drew Barrymore
- ❖ Ben Affleck
- ❖ Matt Damon
- ❖ “*I should have done it years ago. It’s amazing I didn’t even want cigarettes anymore.*” – **Matt Damon on his experience with hypnosis**
- ❖ How Hollywood breaks the habit. A short clip on some celebs who quit smoking using hypnosis <http://youtu.be/e9JvWcxK-6Q>

Why do people continue to smoke with all the evidence supporting the hazards to health?

The most common “reasons” to continue are:

- Relieves stress
- Take a break from work or responsibilities
- Time alone to think
- Helps me concentrate
- Keeps me awake
- Fear of putting on weight
- I can quit whenever I want
- I smoke because I want to
- It doesn’t cost much

The reality is...nicotine has become a **habit**.

THE GOOD NEWS IS: *the subconscious mind is where **habits** reside! This makes hypnosis the perfect process to release the chains of smoking bondage.*

YES...Decrease blood pressure

YES...Save money

YES...Look feel and smell better

YES...Add years to your life

YES...Have more energy for life!

YES...Exercise and feel fit again.

YES...White teeth

YES...truly taste your food.

YES...choose a hotel for the amenities.

YES...focus and concentrate better.

YES...be a good example to your children and grandchildren

YES...Feel proud of yourself!

YES...Be in control!

YES...Be a better YOU.