

Life Changing information you need to know...



Mindwell Hypnosis – Donna Jones CHt

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SMOKING, IS IT *REALLY* THAT BAD?

Research shows that the more informed people are about smoking, the higher their chance of quitting. It is currently estimated that over 1 billion people in the world smoke, meaning 1 in 3 adults are smokers! This is known as the Smoking 'epidemic' and is likely to kill 2 out of every 3 smokers in the US. Statistics are just as bad or worse in other countries where health care provision is not as supportive as in the US.

YOU PROBABLY KNOW THIS – BUT....

SMOKING KILLS AROUND

500,000 AMERICANS A YEAR

...That is more than alcohol, other drugs, homicide, suicide, car crashes, fires, falls, lightening strikes, and electrocution *all put together*.

The news gets worse. Yes the above statistic is true..two out of three smokers will die because of their habit. As per the CDC (Center for Disease Control)

- Overall mortality among both male and female smokers in the United States is about three times higher than that among similar people who never smoked.
- The major causes of excess mortality among smokers are diseases that are related to smoking, including cancer and respiratory and vascular disease.
- Smokeless tobacco is known to cause cancer. In addition, the nicotine in smokeless tobacco may increase the risk for sudden death from a condition where the heart does not beat properly (ventricular arrhythmias)
- **LIFE EXPECTANCY FOR SMOKERS IS AT LEAST 10 YEARS SHORTER THAN FOR NONSMOKERS.**
- Quitting smoking before the age of 40 reduces the risk of dying from smoking-related disease by about 90%
- Men who smoke increase their risk of dying from bronchitis and emphysema by 17 times; from cancer of the trachea, lung, and bronchus by more than 23 times.
- Smoking increases the risk of dying from coronary heart disease among middle-aged men by almost four times.
- Women who smoke increase their risk of dying from bronchitis and emphysema by 12 times, from cancer of the trachea, lung, and bronchus by more than 12 times.
- Smoking increases the risk of dying from coronary heart disease among middle-aged women by almost five times.

SECONDHAND SMOKE

- Secondhand smoke can cause adverse reproductive health effects in women, including low birth weight.
- In children, secondhand smoke exposure can cause respiratory infections, ear infections, and asthma attacks. Wheezing, coughing, and shortness of breath are more common in children exposed to secondhand smoke.
- In babies, secondhand smoke can cause sudden infant death syndrome (SIDS) Chemicals in secondhand smoke appear to affect the brain in ways that interfere with its regulation of infants' breathing. Infants who die from SIDS have higher concentrations of nicotine in their lungs and higher levels of cotinine (a biological marker for secondhand smoke exposure) than infants who die from other causes.

If you quit smoking or you support someone to quit smoking, then you have essentially saved someone from premature death.

SOME OTHER STATISTICS

1. Tobacco and nicotine are some of the most potent carcinogens and are to blame for a majority of all cancers of the lung, trachea, bronchus, larynx and esophagus.
2. Tobacco use also produces cancers of the pancreas, kidney, bladder, and cervix. Impotency is sometimes also experienced in male smokers because of its ability to reduce blood flow.
3. Smoking during pregnancy causes about 5-6% of prenatal deaths, 17-26% of low birth-weight births, and 7-10% of pre-term deliveries, and it increases the risk of miscarriage and fetal growth retardation.
4. The average smoker will spend \$100,000.00 on cigarettes in their lifetime.
5. Smoking Cigarettes is the number one most preventable cause of death in the world.
6. Each cigarette on average takes 11 minutes off your life.
7. Smoking causes fifty diseases. Twenty of them are fatal.
8. Nicotine itself is a colorless oily compound and if you were to inject it directly into your bloodstream you would die.
9. Nicotine's natural function in plants of the nightshade family is as an anti-herbivore chemical to prevent the plant being eaten. This is why nicotine has been widely used in the past as an insecticide.

Keep these in mind as you try to quit smoking.

What if I am just a social smoker?

Are you one of the 12% of smokers who would classify themselves as smoking only 'occasionally' - perhaps weekly or less?

Do you see yourself as one of the 17% who describe themselves as 'social' smokers: you don't smoke at home, but you'll smoke in a social setting?

You may think that your risks of getting sick from smoking are negligible however, it is important to understand that while the risk is related to the quantity – there is no safe consumption of smoke.

Professor David Currow of the Cancer Institute states "smoking is a continuum....the more you smoke, the more effect it will have on your health" and "furthermore, we know that [the negative health effect] is cumulative across your life"

Effects of each cigarette on your body

Studies measure the immediate changes in our bodies as we smoke a single cigarette, from a rise in blood pressure to a change of gases in our blood stream.

Here's what happens every time you smoke a cigarette:

- Although we may think we feel more relaxed as we smoke, our blood pressure and heart rate increase. The heart rhythm alters, and the blood flow to the capillaries decreases.
- Blood carbon monoxide levels increase. “ Carbon monoxide takes the place of oxygen in some of your red blood cells, and it sticks on the red cells for days, preventing oxygen from being carried by these cells” warns Dr. Currow.
- Other changes occur in our airways. When you smoke, Cilia (finger-like-projections, responsible for keeping the airways clear of phlegm) are “stunned” by chemicals in the smoke and tiny muscles in our airways contract, constricting them.
- There are also measurable changes in the immune system.

These affects have a cumulative effect and over time they can eventually lead to cancer (including cancer of the lung, pancreas, esophagus, and bladder) as well as non-cancerous, but potentially lethal conditions such as heart and vascular disease and lung diseases like emphysema.

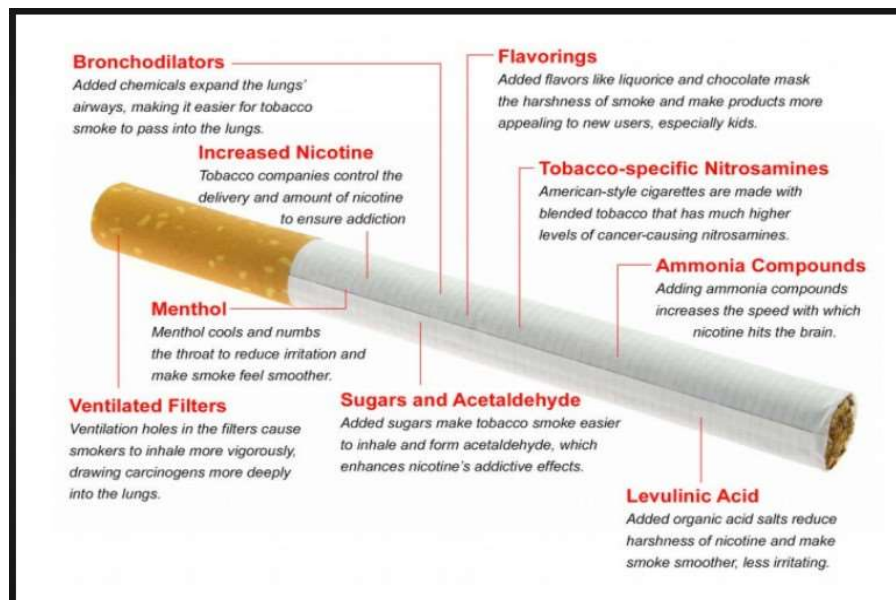
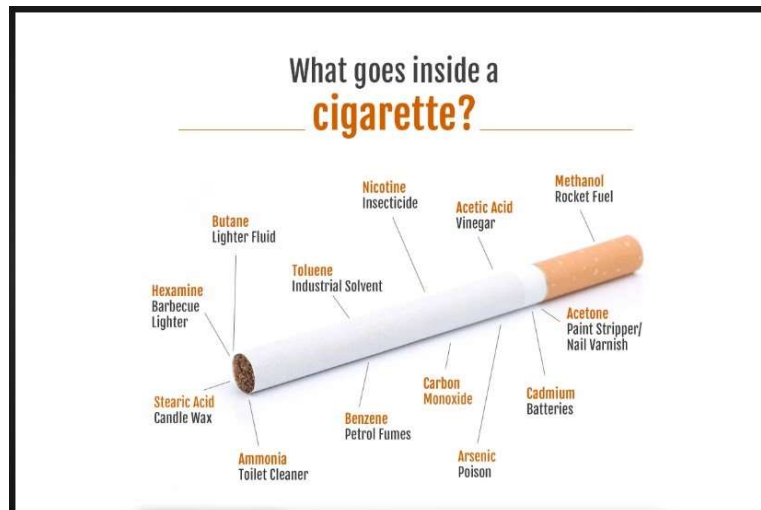
And it is not just cancer and the health of your heart and lungs that you have to worry about. A recent review of several studies found that light smoking was connected to a host of other illnesses including cataracts, reduced fertility, an increased risk of an ectopic pregnancy (where the pregnancy develops outside the uterus) and weak bones.

The often- unrecognized issue with being an occasional/social smoker is that you could already be smoking more than you realize – or perhaps be on the path to addiction.

Concluding data from the US (OSH) Office on Smoking and Health found that most people that described themselves as ‘social’ smokers – smoked daily and often combine smoking with drinking, which is it easy to lose track of just how many cigarettes they actually smoked.

The problem that the OSH found was that once **addicted** – the social and even occasional smokers were predisposed to shift to heavier smoking.

EXACTLY WHAT ARE YOU INHALING?



When a smoker inhales cigarette smoke, the surface area of the lungs allow the nicotine to pass into the blood stream almost immediately. This is the nicotine “hit” that smokers crave. There is however, a lot more to cigarette smoke than just the nicotine. In fact there are more than 4,000 chemical substances that make up cigarette smoke, and many of them are toxic.

Cigarette smoke is composed of 43 carcinogenic substances. More than 400 other toxins that are in smoke are also in wood varnish, nail polish remover, and rat poison. As you can imagine an accumulation of these substances over time in the body can cause serious illnesses and disease to the heart and lungs. Some of the chemicals in cigarettes include:

- **Benzene** – A poisonous gas found in gasoline fumes – known to cause leukemia.
- **Butane** – Lighter fluid.
- **Ethanol** – Used in anti-freeze.
- **Methanol** – Used in rocket fuel.
- **Ammonia** – Used in many cleaning products.
- **Acetone** - Used in paint stripper.
- **Cadmium** – Used in car batteries – also *known* to cause cancer.
- **Arsenic** – Poison.
- **Toluene** – Industrial solvent.

As you may know, cancer is the most common disease associated with smoking. It is the cause of 90% of lung cancer cases and is related to 30% of all cancer deaths. Some smoking-related cancers include cancers of the mouth, pancreas, urinary bladder, kidney, stomach, esophagus, and larynx.

Smoking can also cause several other diseases of the lungs. Emphysema and bronchitis can be fatal and 75% of all deaths from these diseases are related to smoking.

Cigarette smoke isn't only harmful to smokers, but also to passive smokers. The dangers of breathing in second-hand smoke are well known. There are many health problems related to breathing in second-hand smoke. Children are especially susceptible to the dangers of second-hand smoke as their internal organs are still developing. Children exposed to second-hand smoke are more vulnerable to asthma, sudden infant death syndrome, bronchitis, pneumonia, and ear infections.

Smoking can also be dangerous for unborn children. It's been found that mothers who smoke are more likely to suffer from miscarriages, bleeding and nausea. Research shows that babies of smoking mothers have reduced birth weights or may be premature. These babies are more susceptible to sudden infant death syndrome and may also have lifelong health problems due to chest infections and asthma.

There is hope! If we quit before the age of 35, our life expectancy will be the same as someone who has never smoked!

But whatever age you are, there are a myriad of benefits from quitting. Studies show that no matter what age you are, your body can heal fully within 5 – 10 years. What are you waiting for? The best time to plant a tree is 20 years ago. The next best time is NOW!

SMOKING IS NOT SEXY!

The Tobacco industry spent millions of dollars over decades depicting smoking as sexy. Advertising is very subliminal in its effect, so even though people may not recognize this thought consciously, advertising was successful in manipulating views on smoking.

Although we have advertising bans in the US, isn't it interesting how it is that Agent Smith lights up in *The Matrix Resurrections*; Kate Winslet vapes in *Mare of Easttown*; and Christina Applegate's character Jen sparks up in the woman buddy show, *Dead to Me*. And despite a pledge to limit smoking on screen, Netflix remains the worst offender. There's plenty of smoking in the Netflix series *The Umbrella Academy* and in *Orange is the New Black*, and also in *Modern Family* and *Law & Order: SVU*.

The effect of smoking promotion through media exposure is undeniable. A long term study published in the Journal Pediatrics discovered a third of adolescents began smoking after viewing smoking scenes on television. While the early 70's a ban on 'advertising' helped to decline smoking rates, it is important to recognize how influential representation can be through the media.

SMOKING AND PREMATURE AGING



Beyond its known correlation to cancer, lung and heart disease, smoking is now thought to be associated with premature skin aging and delayed wound healing, as well as a number of skin disorders, particularly psoriasis, hidradenitis suppurativa and cutaneous lupus erythematosus.

Smoking can accelerate the aging process in the skin. Aging of the skin incurs drooping, development of wrinkles and can become dry and coarse with uneven skin coloring and broken blood vessels (telangiectasia). Smokers can appear gaunt and develop an orange or gray complexion.

Prolonged studies from the 1970s have revealed that smoking is more damaging in causing premature facial wrinkling than sun exposure. Lines around the eyes referred to as “crows feet” can develop at an earlier age while the multiple vertical lines around the mouth, labeled “smoker’s lines” can also occur. These effects continue into old age. Be the age of 70 years, smoking 30 cigarettes a day could lead to the equivalent of an extra 14 years of skin aging.

The above images represents studies undertaken on identical twins, clearly displaying this effect on aging.

Still not convinced?

Smoking increases risk of Impotence by 27%



According to scientific research, smoking causes impotence. The American Health foundation concluded that after almost 2 decades of evidence, tobacco use is an important risk factor for impotence.

Tammy Tengs, ScD a public health researcher at the University of California noted – that in the last two decades we found 19 studies that reported the smoking habits of 3,819 impotent men. Of these 19 studies, 16 indicated a smoking prevalence exceeding that of the general population. The 6 largest studies all revealed a higher prevalence of smoking among impotent men. Meta-analysis reveals that 40% of impotent men were current smokers compared with 28% of men in the general population.

It is crucial to consider how smoking could negatively impact your sex life and intimacy.

Why is it so hard to Quit Cigarettes?



82%
OF SMOKERS
WANT TO QUIT

>50%
TRY TO QUIT AT
LEAST ONCE A
YEAR

3-5%
MANAGE TO QUIT
ON THEIR OWN

Everyone know smoking is not good for your health and it is a costly habit. So why do people continue to smoke? Why is it so difficult to quit? 82% of smokers want to quit but don't – why?

- Some people believe they will gain weight.
- Some do not want to go through the withdrawal symptoms.
- Others may think they just don't have the will power to quit cigarettes.
- Some people believe smoking relieves stress.
- Some people believe they are powerfully addicted to chemicals in cigarettes.

The biggest reason people struggle to quit - smoking cigarettes is **not actually under your conscious control**.

How many cigarettes a day do you actually enjoy? If you are like most, maybe 2-4. All the others you smoke subconsciously. Smoking cigarettes is usually triggered by your subconscious mind.

It is much like driving. When you 1st learn how to drive it is a controlled process undertaken by your conscious mind, requiring focus and critical attention. Once this behavior becomes automatic, you can drive, eating your lunch, talking to someone in the passenger seat, and playing with the controls on your dashboard. **You drive without conscious thought.**

The same behavioral change is applicable to smoking. When you first started to smoke, you did it consciously. But ***now it is something your subconscious mind does automatically.*** So unless you deal with subconscious programming, you will not have any luck quitting cigarettes long term.

So if you tried to quit Cigarettes before – why didn't it work?



- Did you not want to deal with the withdrawal symptoms?
- Did you start gaining weight?
- Did you just start smoking cigarettes for no real reason?
- Did you have just one? And it turned into more?
- Did you get tricked into it?

The beauty of this method is that it deals with all the reasons that anyone would ever smoke. It even goes one step further. This system is pro-active in removing the reasons people fail, before they occur.

For example, with this system I help you find and create new habits, so you don't gain any weight changing your diet when you quit cigarettes. I also help remove withdrawal symptoms.

Now is the right time to quit

Your body will RECOVER if you quit NOW!

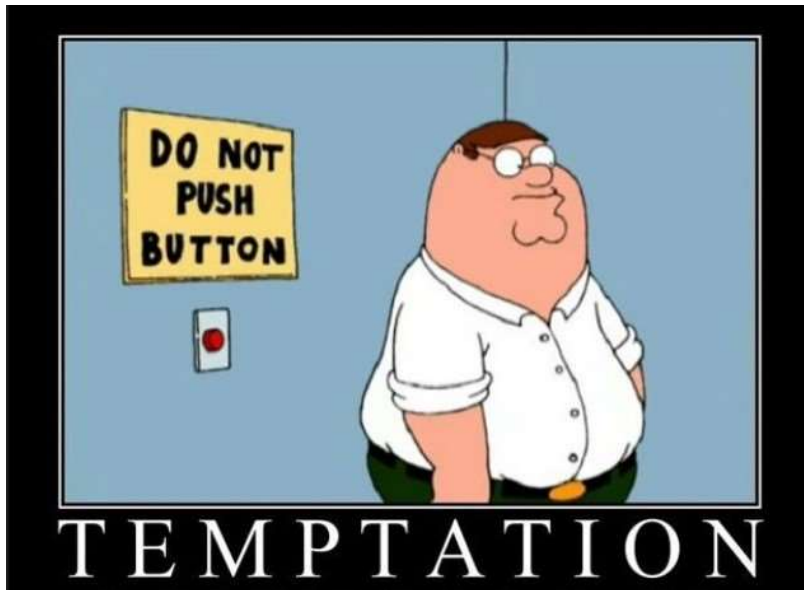


How Quickly does the Body Recover?!

When you quit smoking the benefits are immediate:

- Within **20 minutes** blood pressure returns to its normal level.
- After **8 hours** oxygen levels return to normal.
- After **24 hours** carbon monoxide levels in the lungs return to those of a non smoker and the mucus begins to clear.
- After **48 hours** nicotine leaves the body and taste buds are improved.
- After **72 hours** breathing becomes easier.
- After **2-12 weeks**, circulation improves.
- After **5 years**, the risk of heart attack reduces by half.
- After **10 years** the risk of lung cancer is the same as a non smoker.

Quitting the hard way – using will power



You may be one of the lucky 3-5% of people with enough will power to quit smoking. If this is the case, the following tips and exercises will help you enormously.

The case for/against smoking – CBT (Cognitive Behaviour Therapy)

EXERCISE 1

It's important to examine what you think cigarettes give to you. Do they make you feel more confident or more relaxed? What do you think you gain from smoking?

Write a list of what you used to love about cigarettes, and why. It doesn't matter how silly some of the things are.

EXERCISE 2

Smoking is something we often do without conscious thought, and it's easy to employ myths and illusions to justify smoking.

Write down a list of all the things that prevented you from quitting. This might be harder than it sounds.

What is it that truly prevented you from stopping? What is it that scares you? Write down your list, and, as always, you can add to it later as things occur to you

EXERCISE 3

Go back to the list from Exercise 1 and write down all the things that NOT smoking would give you. What are the benefits? What are your reasons to no longer smoke? We will call this your 'Quit List'

It might not seem like it now, but everything you wrote down in Exercise 1 is an illusion. The 'reasons you smoke' may seem very real, but they are not. Everything on that list is your mind's attempt to justify something that doesn't make sense.

We understand the negative effects of smoking. It costs an incredible amount of money and, ultimately, it's likely to either kill or disable us. In the mind, this creates a quandary. We want to, but we know we shouldn't.

In psychology, this is labeled as 'cognitive dissonance' - when our thoughts are in conflict with one another. Your mind finds ways to resolve this dissonance so that you can continue smoking without the experience of the mental conflict.

It does this by coming up with 'cognitive distortions' - arguments that seem logical, to enable to to continue smoking. The path to becoming a non smoker consists of deconstructing these arguments that your mind relies on to justify your habit. Every reason that smokers give to rationalize why they smoke is based on false logic.

Nicotine doesn't relieve stress. It doesn't remain in the body for long, so smokers spend most of their day in a constant state of mild withdrawal. The result incurs increased stress levels.

This low-level discomfort is relieved by smoking but returns shortly after once the withdrawal begins again. The situation is accompanied by the growing craving for a cigarette – so, when you comply, you'll feel as though this helps with the stress.

Smoking raises blood pressure and heart rate, which contributes to stress rather than relieve it. It doesn't help to relax or concentrate and won't increase focus. A smoke break may relieve boredom, but you could have a break without a cigarette! Listen to music, call a friend, take a walk around the block, do a mindfulness exercise, so some stretching exercises or ANYTHING else to engage in for that time.

Smoking only momentarily addresses the very mild nicotine withdrawal that smokers spend the majority of their lives experiencing. With this in mind, I want you to do one final exercise.

EXERCISE 4

Imagine that you are a lawyer in a legal case. Argue the case to continue smoking. You already have your evidence and data from Exercise 1 and 2.

Imagine disputing this case in front of a judge and jury and be as persuasive as you can be. Use emotive phrases – evoke empathy.

Cigarettes are on trial, and you are defending them.

Now switch sides and imagine that you are the prosecution lawyer. Put forward the argument against smoking, as you outlined in your 'Quit list' in exercise 3

You need to convince the judge and jury that the arguments in support of continuing to smoke are a load of nonsense.

Exercise 4 is a representation of the inner conflict you experience when you smoke.

Hopefully, you can see how exercises like these are to allow you to gain new perspective and think objectively – this distance is what you need to get your conscious mind on your side and in alignment with the subconscious.

Preparing to Quit Smoking

If you are quitting with my system, you will quit in just one session, it is quick easy and permanent, and you get a lifetime guarantee of support.

If however, you are doing this on your own, without the support of my program, the 1st thing you should know is that most smokers using other methods quit unsuccessfully several times before they quit successfully. You will most likely not be successful your first time around – but you must keep trying! Each time you attempt to quit you come closer to finally quitting for good.

During or before you have your last cigarette, start to visualize yourself as a non smoker. Visualization is an amazingly effective psychological technique used to quit smoking. There has been research to show how powerful visualization can be.

A study was conducted observing athletes wired to a machine measuring muscle activity and asked to visualize themselves in the act of doing a 100-meter sprint. The same athletes were studied while physically doing the 100-meter sprint. They found that the exact same muscles were active and firing whether they were sitting in a chair visualizing themselves doing the sprint, or actually doing the sprint.

What do these results mean? It means that your brain cannot tell the difference between your body physically *doing* something, or you mind simply visualizing it. The implications of this are huge. So, if you start to visualize yourself as a non-smoker, your brain will begin to release certain chemicals associated with that visualization. Just by think of yourself as a non-smoker, your body will begin to make subtle changes that will assist your body experience this for real!

Think about doing your everyday activities without a cigarette break. Think about all of the reasons that you want to quit smoking and do this as often as possible. Inform yourself about the health benefits of quitting, not just for yourself but the people around you as well, such as your children or other members of your family that are exposed to your cigarette smoke. If money is a motivating reason for you , calculate the amount of money you'll save by not buying cigarettes, and then think of something you'll use that money for, really picture yourself using that money in a different way; it's the power of visualization once again. It is essential to get into the right mindset for quitting, especially when studies show that trying to quit is 20% Physical and 80% Psychological. What does that mean? It mean getting the right "psychology" around quitting is 80% of the battle won!

Once you have gained the right mindset, it's then time to plan to have your last cigarette. So you have an idea of what will happen, understand that the human body is incredibly resilient, and that your health begin to improve the very moment you stop smoking, by establishing a concrete and achievable plan to quit smoking you will increase your chances of success. It is very important to understand that being in the right frame of mind will affect your chances of success. Bing fully aware of why you are quitting and believing in yourself, in your attempt to quit is also essential. Once you've stopped and had your last cigarette consider yourself a non-smoker, and to help, remind yourself of the health benefits you will be experiencing immediately after putting out that final cigarette.

Choose a 'Stop Smoking Day'



One popular way to quit cigarettes is to choose a 'Stop Smoking Day'. Your goal is to fully prepare for anything you may need on your journey of being a non-smoker. How did you prepare for this day?

Write down your intention and desire for quitting on a piece of paper, or an index card. Write down what you want to do and why. Every morning when you wake up, read this note to reinforce your desire to quit smoking. Take a photo of it and use this as a screen saver on your phone or computer. You should also refer to this card any time you are tempted to smoke after your 'Stop Smoking Day'. What you want to do is really start to generate a strong emotional traction around quitting and remaining a non-smoker. The more emotions you can develop around quitting and remaining a non-smoker, the more likely you will be successful.

Telling your friends and family that you are planning on quitting can often help support our decision. If you have friend who also want to quit, choose a day that is good for both of you.

The next thing you want to do is remove any type of temptation from your immediate surroundings. So, the night before your stop smoking day, collect anything that reminds you of smoking (ash trays, lighters, etc.) and throw it all out, including any remaining cigarettes you may have floating about. It is best to cut any cigarettes left into tiny pieces before putting them in the garbage or even better, flushing them down the toilet.

The longer you put off the decision to quit smoking, the harder it is going to be to quit.

Tips for Quitting / Remaining a Non-Smoker



Go for a walk – The easiest thing to do when you feel like having a cigarette is to go for a walk. You do not have to go far, but sometimes some fresh air is all you need to fight the cravings.

Take deep breaths – If you are unable to escape for a walk, taking several deep breaths can help. By inhaling, you are opening up the lungs and by focusing on the air coming into your airways; you can calm yourself and trick your body into forgetting about the cravings. Getting more oxygen to your brain is the best method to relax, that's why so many meditation techniques focus on your breathing. Try the 'Cycle of 7' breathing technique. Where you inhale for the count of 7, and hold your breath for the count of 7, and exhale for the count of 7, and hold your breath for the count of 7, do this 7 times. It is best to count off each cycle on your fingers as you will quickly get so relaxed that you may forget how many you have done.

Do Yoga - It doesn't matter if you've never tried! Focusing on the practice of yoga takes you outside of yourself and forces you to stop thinking about your urges to light up. Or – you could just do a few minutes of stretching.

Listen to music or motivational recordings - Sometimes when you are craving a cigarette, all you need is a melodic piece of music or a friendly word of encouragement. Take a moment to listen to music that soothes you or the inspiring words of a motivational expert.

Drink water with crushed ice - This may sound strange, but many people use this method to fight their cravings. Take time to drink the water slowly and chew the ice. You may be pleasantly surprised at how successful this technique can be.

Brush your teeth – Many people report that when they brush their teeth, they no longer want to have a cigarette. This technique shifts your oral fixation to your toothbrush and teeth instead of to your cigarette and mouth. Also, some people claim that when their mouth and teeth feel clean, they no longer crave the nicotine.

Remind yourself why you quit - Every time you experience a craving remind yourself why you quit. An excellent idea is to take a blank index card and list all the reasons why you decided to quit smoking in the first place. Look at this to remind yourself why it is important to quit (save a photo of it as your screen saver on your phone and computer)

List as many reasons as you can and carry them with you all the time. Every time you feel the urge to smoke take the index card out.. or look at that screen saver and slowly read all your reasons why you decided to stop. After you finish reading – your urge will pass! (if not, read them one more time, and come up with more reasons.)

Reward yourself – Make it a habit to give yourself a reward at the end of each non-smoking week. Think of something you want (it doesn't have to be something expensive; a nice homemade meal.. or perhaps a hot bath will work). The the index card and write down what you would give yourself at the end of the week; and when the urge comes – take a look at the index card with your reward.

Be prepared for your urges! - Get yourself prepared for the urge to smoke in advance. In most cases something triggers the craving (certain feelings, people, or places). You need to know what your triggers are.

Take a blank piece of paper and divide it into 2 columns. On the one side list your triggers (“like stuck in traffic”, “ drinking morning coffee”, “arguing with a colleague” etc.) and in the second column write down the alternative course of action.

For example, instead of smoking while drinking your morning coffee you could read a motivational blog. Instead of smoking after a heated argument with your colleague, you can take a walk around the block, or write down everything you think about this person, then tear up this piece of paper and throw it away. Write it down! This exercise really works! The point here is to remind yourself that there are millions of people who face stressful situations every day and they don't use cigarettes to cope, which means – you can too!

Call a friend - This method works very well, almost like a sponsor used in AA or NA circles. If it can work for people addicted to these types of substances, it can work for you. Call someone who can support you, who can talk with you for a couple of minutes. You can call your non-smoking friend, or someone who's trying to quit smoking too.

Distract yourself with a quick task - Think of a small task you have to do, something that would take you 5 -10 minutes. Make a call, send an email, make yourself a cup of tea, or water the plant in your office. Anything!! Your task is to distract yourself until the urge passes. (Tip: try to find an activity that makes smoking impossible!)

Power Tip - It's not a pleasant one, but it often works. Print a small picture of a smoker's lungs and put it somewhere in your wallet. I know it's not nice to look at, but something like this can stop you dead in your track from smoking.

The lungs on the right are what yours look like if you smoke!



Reprogram your mind – Recall 4 times when you've known you have got to quit, or that you felt disgusted by smoking. Maybe felt unhealthy, or your doctor seriously advised you to quit or somebody you know was badly affected. Take a moment now to come up with 4 moments and write them down.

Remember each of those times, one after another, as though they are happening now. I want you to keep going through those memories and make them as vivid as possible. The more vivid you make those memories; the easier it will be to stop smoking. Wee what you saw, hear what you heard and feel how you felt. Now take a few minutes to keep going through those memories again and again, overlap each memory with the next until you are totally and utterly disgusted by cigarettes.

Do something different during breaks – Smokers sometimes use their habit to give themselves little breaks during the day. Taking a break is good for you, so carry on taking that time off – but do something different. Walk around the block, have a cup of tea or a drink of water etc.

Keep your sugars up – If possible, keep small pieces of fruit handy so that you can eat them throughout the day. (strawberries, grapes, apples etc) When you stop smoking the body goes through a big change. Tobacco has 20% sugar content so when you quit smoking,

your blood sugar levels tend to fall, digestion is slowed, and your body starts to rid the tar and poisons that have accumulated in your body. Fresh fruit contains fructose which restores your blood sugar levels, and vitamin C which helps to clear out impurities. You would be surprised how much our sugar levels can affect our moods.

Reduce your caffeine intake – When you stop smoking, cut your caffeine intake by half. Nicotine breaks down caffeine so without nicotine, a coffee will have a much bigger effect on you. Drink 8-10 glasses of water or 2 quarts per 50 lbs (ideally filtered) to help flush out your system. You have probably heard that over 70% of our body's composition is water. Smoking reduces your cells ability to absorb water. That is why people who have smoked for so many years have such dry skin. So drinking plenty of water will replenish you skin cells and very soon your skin will feel VERY different.

Don't be tricked by a situation – Be aware of making excuses for yourself. Some people talk themselves into smoking, especially if they encounter a stressful situation, which in the past they dealt with by smoking. If those old thoughts pop into your head, shout the word "STOP" in your head, to stop the thoughts from progressing. Nicotine is a stimulant and actually elevates your body's level of stress. It's lie that itch that can never be scratched the more you smoke, the more you need to smoke. So, say "STOP" and steer clear of triggers when possible.

If you have the willpower to quit, I wish you every success but implore you to do research and think twice before using Nicotine replacement therapies or drugs to help you quit smoking.

Nicotine Replacement Therapies DO NOT WORK

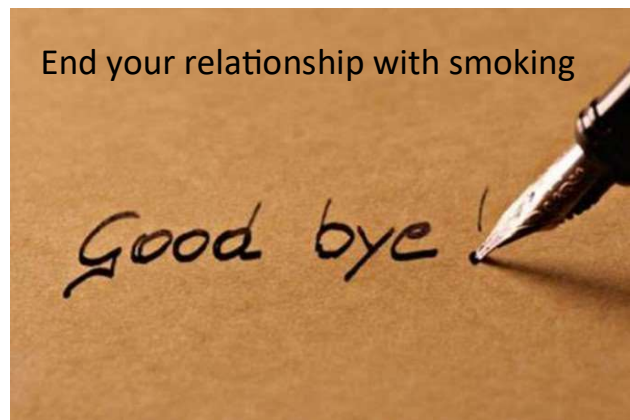
Statistics show that Nicotine replacement therapies have between a 10 – 30% success rate. Clinical studies have shown that the higher end success rates (closer to 30%) are only achieved when the nicotine replacement therapies are combined with counseling or other behavioral therapies. Compare this to NLP/Hypnosis with 86 – 95% success rates!!

Nicotine replacement therapies also have quite disturbing side effects including:

- gas
- constipation
- dry mouth
- vomiting

- indigestion
- headache
- dizziness
- sleeping problems
- unusual dreams
- feeling tired
- increased appetite and changes in taste
- sometimes also: depression, agitation, and aggression

Quitting the easy way – Using this Stop Smoking Method



This Stop Smoking Method is a unique quit smoking system that utilizes Neuro Linguistic Programming (NLP), Cognitive Behavior Therapy (CBT) and Hypnosis to help make it incredibly easy for you to quit smoking. This system has successfully helped thousands of people quit smoking, and has an incredible success rate of 95%.

As you may understand, it is often too hard to quit using will power alone. It is also important to realize that other methods not only have very low success rates but also have irritating and sometimes dangerous side effects.

This means that you may be interested in considering the advantages of quitting with this Stop Smoking Method.

The biggest advantage of using NLP/CBT/Hypnosis to quit and specifically using this Stop Smoking Method is that **it is just so easy**. The session itself is easy relaxing and enjoyable. There are no adverse side-effects, and you finish the session with an amazing confidence that you are now a non-smoker for life. You will have no craving and will not replace smoking with other un-healthy habits such as over eating.

What to expect After Completing your Stop Smoking Session

These are the wonderful results you can expect after the session:

35% of people after the session feel almost as if they have never had a cigarette in their lives! Others feel as though it is a long-forgotten habit of the past. These people will not think about cigarettes ever again. You go through life as if cigarettes don't exist or are simply not relevant to you.

Another 30% will also feel fantastic about being a non-smoker. They have NO CRAVINGS, only fleeting thought that may come and go. So, for example, they might be finishing up a meal, going to the bar and they have a fleeting thought about a cigarette. As quickly as the thought comes, it is gone. This is said to only last for a week or so, and then the thought of smoking is forgotten entirely.

The other 30% of people need to be diligent in not being tricked into having a cigarette. It is still quite easy for them to stop smoking, but there can be a sense of something missing or sometimes a mild sense of physical agitation. This where it is critical to follow the instructions in your program. There are techniques that will make anything you are feeling disappear altogether, or just diminish to the point where they just don't bother you.

Having said this, there is no point in starting the program unless ;you are absolutely committed to quitting. It is important to be quitting for yourself and not for someone else. The money must not be the only reason you are quitting. You need to be ready to leave them behind forever. If you follow this program properly, you will finally understand that cigarettes give you nothing to benefit, only harm.

So that leaves the remaining 5%. These people are only quitting because they have been nagged to quit or may be doing the program to say that they have tried everything and are not prepared to follow instructions.

If you are not ready to quit, no one can make you. On the other hand, if you are serious and ready to quit, this Stop Smoking Program will not only work for you, but it will also make it incredibly easy for you to become a non-smoker for life!

Becoming a 'Non-Smoker'

If you want to become a non-smoker, then as mentioned, you need to think like a non-smoker and stop identifying yourself as a smoker. Studies have shown that cigarette smoking is 20% physiological and 80% psychological. Nicotine gum, patches or traditional Nicotine Replacement Therapies (NRT) won't change a smoker's mindset. Understanding the knowledge is the key. When you think like a non smoker, quitting is easy because this Stop Smoking Method uses advanced NLP and hypnosis, it makes thinking like a non-smoker automatic.

You must want to quit for yourself!

For this method to work there must be one crucial element in place. You must **want** to quit cigarettes for yourself. If you do not really want to quit, it obviously won't work. Absolutely NOTHING will.

What people are looking for in a quit cigarette treatment, whether it is patches, gum, medication, books, or programs, is the ability to overcome craving so they can exercise a decision *not* to smoke. No treatment at all will ever take away your free will to decide to have a cigarette.

What hypnosis does for you is ***take away that craving all together***, it takes away that feeling of needing and wanting a cigarette. So in the end all you have to do is be committed to your choice not to smoke again. With this system, you need to be ready to commit to this statement:

“ I am now a non-smoker, and I will only breathe fresh air for the rest of my life”

Addiction VS Habit – How to fight the habit

Smoking is one of the most powerful habits that exist. This is why so many people fail to quit through traditional techniques and methods like gum or nicotine patches. Because these methods do not address the source of the problem. The source of the problem is an extremely powerful habit.

Quitting smoking using will power or nicotine replacement therapies is hard, but if you go 48 hours without a cigarette, the nicotine in your body is gone. After the 48 hours, if a smoker wants another cigarette, it is probably for reasons other than a nicotine addiction.

If you weren't addicted to nicotine, would it be easy for you to quit?

If you are like most – the answer is yes.

Great, so first let's define addiction. The type of addiction I would like to address first is the physical addiction, rather than the mental aspect. Who tells us that cigarettes are addictive? The media, the government, and the cigarette industry.

The Tobacco Companies

They are very certain that cigarettes are addictive, but I must share with you – thousands of people quit cigarettes every day, and no one experiences any know of physical withdrawal symptoms that you would see in an addicting chemical like cocaine or heroin. When I refer to withdrawal, I am discussing the definition of physical malfunction that bodies experience when being deprived of a substance upon which they have become dependent. No-one's body malfunctions when they stop smoking cigarettes. In fact, think about how long you can go without a cigarette.

How many hours do you sleep at night? Do you smoke in your sleep? People who are truly addicted to a chemical like heroin or meth-amphetamines often cannot sleep through the night, without smoking or ingesting these substances.

Can you sit through a movie at the Theater with smoking? When watch a good movie, many can sit through the entire viewing without a cigarette, you most people believe they can't go 2 hours without a cigarette. Doesn't this make you wonder how addictive cigarettes really are? Even looking at your own life in comparison to those who have additions to alcohol or meth-amphetamines, demonstrates that cigarettes do not have the same addictive characteristics biologically that truly addictive drugs do.

Almost all people who quit with this method have no negative side effects. When I talk to smokers who have quit using other systems, sometimes, people mention headaches – which were more than likely stress related. I also hear of crankiness, sore throats and shaking hands. These “symptoms” are more so simply irritations. Irritation and malfunction are not the same thing. Those symptoms do not cause malfunction. They just cause discomfort....which is not a word used to describe the withdrawals from any truly addictive drug.

Whether you have witnessed it or not, most people are aware of the severe withdrawals from meth-amphetamines. The experience of withdrawal includes sweats, shakes, heart palpitations, nausea, even hallucinations.

When was the last time you heard of that experience from quitting cigarettes? People may become slightly grumpy or irritable after quitting but they will not experience any of these physical symptoms.

You may have heard of people who've contracted lung cancer from breathing in second-hand smoke. While the nicotine is strong enough to kill them, it is not strong enough to addict them. For years people have breathed in nicotine, without forming an addiction to cigarettes.

So, if it is not a physical addiction, what is it? Smoking is a powerful, powerful, habit! It might sound a little trite to say it's just a habit, but it is one of the most powerful habits that exists.

When you wake up in the morning and you have that first cigarette you are reinforcing the habit of smoking. Then perhaps 20 times during the day, you are reinforcing the habit of smoking. Every time the hand goes to the mouth, 10-15 times with each cigarette, roughly 200-300 times a day – you are reinforcing the habit.

What else do you do 300 times a day? Breathe, blink, swallow, step... the things you do to survive.

It is a very powerfully conditioned habit. The only reason you are still doing it is because you are still doing it. The only way to stop is to stop.

Cutting down doesn't work. That is like telling someone who is addicted to alcohol to reduce their drinking. They may do it for a little while, but this is never a permanent solution to the addiction. You must quit cigarettes. With this Stop Smoking Method it becomes easy to just stop.

Because it is just a habit, with the right techniques you can break it easily.

The first step is that you need to truly 'decide' to quit cigarettes once and for all. Once you make this decision, it becomes easier. Derived from Latin, the word 'decide' literally refers to killing off the other option. When you decide to quit cigarettes there is no alternative.

You wouldn't smoke on a plane. This is just not allowed and would not be considered an option. It would not matter what you felt, or what urges you had. This same attitude can help quitting becoming easier.

When considering patches and gum, it is crucial to know that one day's supply of nicotine patches is equivalent to the nicotine in six packs of cigarettes a day. So, anybody who has tried the patches or gum may be consuming more nicotine in their blood stream than they've ever had before.

If you have a patch on, you're getting more nicotine in your blood stream than you've ever had in your life at one time, so why would you crave a cigarette? It is because the nicotine addiction is not the problem. If it was, the patches would work.

Research indicates if you attempt to quit cigarettes by using will power 5% of the people will stop. Quitting through use of gum is effective for 10% and if you attempt to quit cigarettes using patches, then roughly 16% of the people will succeed.

Those figures reveal 84% to 90% of people who try nicotine replacement therapy fail. If addiction to nicotine was the source of the issue, patches would work 100% of the time to help people quit cigarettes.

Research proves that while physical addiction is present, it comprises less than 20% of what keeps people smoking while the remaining **80% is a psychological habit.**

So that means the problem with cigarettes is not the nicotine, the problem with cigarettes is the habit of smoking.

That habit causes you to wake up in the morning and have that first cigarette, then perhaps 20 more times during the day with a cup of coffee, after a meal, driving a car, when the phone rings etc. All those things become so associated as a mechanism that causes on to trigger another, so it becomes a powerful habit.

Nicotine VS Sugar Withdrawal – How to easily overcome withdrawal symptoms with hypnosis

Perhaps you have attempted to quit cigarettes in the past and experienced irritability, headaches, lightheaded feeling, slight hand shaking, or an increased appetite. People will often mistake these 'symptoms' for a nicotine withdrawal.

Many confuse nicotine withdrawal with sugar withdrawal when they quit cigarettes. The process of creating cigarettes involves soaking raw tobacco leaves in a vat of sugar water. This is done to take away the foul bitter taste of the tobacco leaf.

Depending on what brand you smoke, 8% - 18% of that cigarette is sugar. This is significantly why people pick a brand and stick to it. You become accustomed to that brand's particular 'flavor' or 'smoothness' which is related to the sugar content.

If you are smoking 15-20 cigarettes a day, this is going to be keeping your blood sugar level at a higher rate than if you did not smoke. When you stop smoking, your sugar levels are going to drop and you will experience similar effects diabetics will experience when their blood sugar levels fall; irritability, headaches, shaking. Therefore people will often replace their cigarette smoking with sweets or overeating.

Your subconscious chooses this substitute to replace the hand to mouth action and elevate blood sugar level.

When you quit cigarettes, to avoid this withdrawal, it is important to replace those sugars in a healthy way, with fruit, for a few weeks while your body adjusts. This also inhibits weight gain after you quit.

What makes quitting with this Stop Smoking Method so Powerful?

This Stop Smoking Method is powerful because it addresses all the justifications that allow you to keep smoking. Excuses may include stress, lack of will power, partner or friends smoking, boredom or pleasure.

It demolishes all myths that smoking can do anything to support or help you.

The strong psychological connection between stressful occurrences and relieving this feeling through smoking, is irrelevant. As we know, nicotine is a stimulant that increases your heart rate and blood pressure.

It is important to evaluate the other actions undertaken during the moment of relieving the stress. Usually involving leaving the stressful environment, walking outside to the sun and fresh air, taking deep breaths and having a moment of peace.

The break and removal from a tense situation, alleviates the stress and if these practices were taken without the cigarette, you would find a better result in physical and mental relaxation.

Instead of taking a smoke break, ask your employer for a 5-minute breather to substitute this habit with a healthy one.

Some Myths about Hypnosis

What do you know about hypnosis?

There are some common misconceptions surrounding hypnosis. Many believe that there is something about trance which is markedly different from their 'normal' state of consciousness. This is not true.

A light trance will likely feel no different from relaxation. Trance is not like being anesthetized; it is a normal natural state. Clients will likely feel familiarity, no matter how deep in trance they go.

The important thing to know is that you are in control. You only accept the suggestions given that are consistent with your own internal values and beliefs.

Another big misconception about hypnosis is people think they will go to sleep. You will not fall asleep, rather remain completely aware of everything that is happening. You will remember as much as you would remember out of any normal conversation, and you will be able to think.

When hypnotized, some people consider whether they are hypnotized or just relaxed. If that thought runs through your head, keep an open mind, follow all the suggestions, find yourself agreeing with them. All you need to do during the session is want it to work, agree and accept the suggestions.

Have you ever been driving and then suddenly you “wake up”? You know you were wide awake and driving safely the whole time, but you do not remember it? That is considered a hypnotic state.

Have you ever been so engaged watching a movie, that you did not hear someone talking to you or calling your name? This is a similar state of hypnosis.

If you want to experience what hypnosis feels like right now, close your eyes, take a deep breath, let it out and relax. Now repeat 7 times. When you open your eyes following this exercise – that is what hypnosis feels like. Nothing strange or unusual, just relaxed.

One of the biggest misconceptions about hypnosis is that you can make somebody do things that they don't want to do. If that were the case – would hypnotists do stage shows and private sessions, or would they just get other people to give them all of their money?

People see stage shows and think that the people are made to do things that they do not want to do. This is not really the case. Why would anyone go see a hypnosis show? Because they want to laugh at people acting out silly scenarios. The hypnotist call for volunteers to go up on stage. The people who volunteer like to be seen, have fun and perhaps have had a few drinks to relax inhibitions.

The hypnotist does a series of tests to pick the people they want to work with. These tests are not checking to see who can be hypnotized, because everyone with an average IQ can be hypnotized. The hypnotist is looking for people who will take direction and are willing to do silly things.

When perfect participants are up on stage, the show can begin. No one is being made to do what they do not want to do. There are given the freedom to have some fun.

In a clinical hypnosis session or hypnosis recording, you will only do what you want to do, and so you can fully relax and fully accept all suggestions knowing it will help make the quitting cigarettes very easy.

You can quit smoking easily through Hypnosis, CBT and NLP

Once you decide to quit cigarettes and smoking, the powerful combination of Neuro Linguistic Programming and Hypnosis makes the process of quitting easy. It works like this.

The mind is comprised of two parts: the conscious and subconscious. The conscious mind thinks it is in control of everything. However, if it were we wouldn't survive because we would forget to keep our lungs working, or hearts beating and our cells dividing?

A habit begins in the conscious part of the mind and much like anything you do for the very first time; you have to "think" about it. Once this learned behavior becomes automatic, it shifts from your conscious mind to your subconscious mind – your control panel if you like.

The purpose of the subconscious mind is to protect you. When you breathe in cigarette smoke for the first time, everything in your mind and body is screaming at you to stop. It tastes bad, smells bad, stings the eyes, causes you to cough, feel dizzy and nauseous. You consciously continue this behavior until this habit shifts to your subconscious mind. Your subconscious mind wants to protect you and take over thinking the cigarettes are helping you in some way. If you are smoking 15 per day and 15 drags per cigarette, you are lifting that cigarette to your lips more than 200 times per day, every day! Of course your conscious mind can't handle that, and your subconscious mind takes over.

With the powerful combination of NLP and Hypnosis, hypnotherapists can tap into this part of the mind and restructure the belief so that it knows it is protecting you by being a non-smoker.

This program is so successful because the habit is eliminated at the unconscious level by using a unique combination of NLP (Neuro Linguistic Programming), CBT (Cognitive Behavior Therapy) and Hypnotherapy.

This means you will not feel the need to substitute smoking. It will not feel like you are using your will power or like you are giving something up. You will feel like you are winning in every sing way.

The system uses your subconscious mind to come up with healthy alternative to smoking cigarettes to avoid the common reasons why you might have failed in the past.

The old myths and misconceptions about hypnosis have given way to proven scientifically-sound applications. Today the use of hypnosis is seen in medicine, dentistry, law enforcement, professional sports, and education.

In the relaxed state known as hypnosis, we can communicate directly with the subconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

Everyone with a healthy IQ can be successful in using this system.

Hypnosis is safe, you are aware and in control at every moment and can terminate a session at any time. You cannot get stuck in hypnosis. You can't be made to do something against your will. Hypnosis is a safe, relaxing and enjoyable experience.

When using hypnosis to quit smoking cigarettes naturally, we are working together on the mind. This is why it is important that no mental barriers for filters exist, potentially sabotaging the session. You must be a willing participant. You must also accept all the positive suggestions that are given to you. You will be informed on how to listen and what to be aware of during the session.

This Stop Smoking Method is highly effective at helping you quit cigarettes because it eliminates the habit at the unconscious level. It helps you to see and feel at a deep level how absolutely everything in your life is going to be better as a non-smoker. You will be healthier, happier, more productive, more relaxed, sleeping better, have more energy, and of course, save money.

Frequently Asked Questions about Hypnosis

How does Hypnosis Work?

Agreed suggestions are presented to your subconscious mind to help you to overcome problems. In this instance, suggestions include having no cravings for cigarettes, no desire to substitute with overeating, bad temper or irritability and no concern that you are missing out on anything, so you won't feel deprived or in need in any way. The hypnotic suggestions are only effective if you allow them to be.

Can anyone be Hypnotized?

Yes, providing that the circumstances are right, the person is not under the influence of alcohol or drugs, and the participant is willing. If you are undergoing hypnosis because

someone else has pressured you into trying it, then it probably won't work.

As long as you are able to follow instructions and don't have any significant mental illness, you can be hypnotized.

Are there any adverse side-effects to Hypnosis?

No. Hypnosis is used to facilitate positive change. You are in complete control throughout the hypnotic state. The benefits of hypnosis are immediate. You cannot be made to do anything that you do not want to do and will not accept any suggestions which are not acceptable to your conscious mind.

Will they make me do silly things?

No, you would never do or say anything while in the hypnotic state which would go against your values.

Will I lose control during the session?

No, you do not relinquish control whatsoever. You are in complete control throughout and can stop the session at any time. You will be fully aware and hear everything that is said to you, as you are in a state of increased awareness. A hypnotherapist can never gain control over your mind but will assist you, through suggestions, to take control of your life and the habits that you wish to change.

What if I don't come out of the Hypnotic state?

You will. You can open your eyes at any time during the session, ending the hypnotic state immediately. You can do this at any time you wish to, as you are in complete control throughout.

How will I feel after Hypnosis?

Most people feel very relaxed and quite sleepy following hypnosis and have been known to sleep deeper than usual that night.

Others feel exceptionally happy, positive, and excited.

It is common to feel energetic the following day – this is due in part to increased oxygen levels in the bloodstream.

It is never too late to give up smoking, even people who have smoked for 30 or more years will experience amazing significant health benefits from giving up the habit.

Compare the Quitting Choices and Costs

Option	Summary	Cost	Possible Side effects	Success Rate
Continue Smoking	Cost for 1 year (pack a day) (for 20 weeks)	\$4,368.00 \$1,680.00	Apart from obvious immediate health impact, 1 in 3 smokers will die from a smoking related illness up the 10 years before their time.	-----
Nicotine Patches	Cost for 20 weeks	\$400.00	Skin irritation – redness, Itching, Dizziness, Increased heart rate, Sleep Problems, Unusual dreams, Headache, Nausea, Vomiting, Muscle aches, and stiffness	10-20% but only this high when combined with counseling
Nicotine Gum/Lozenges/ tablets	Cost for 20 weeks	\$400.00	Increase heart rate, Increased blood pressure Oral irritation Dental pain Hiccups, Heartburn, Nausea, and Indigestion	20-30% but only this high when combined with counseling

Option	Summary	Cost	Possible Side effects	Success Rate
Perscription drugs e.g. Chantix	Cost for 23 weeks	\$3,000.000	Constipation, gas, dry mouth, vomiting, indigestion, headache, dizziness, sleeping problems, unusual dreams, feeling tired, increased appetite and changes in taste Sometimes also: depression, agitation, aggression, thoughts of self harm, suicidal behavior and hallucinations	22-23%
Nicotine Inhaler	Cost for 20 weeks	\$1,500.00	Redness/swelling/tingling/ numbness of lips, mouth, throat irritation, Dizziness, Increased heart rate, Increased blood pressure Headache, Nausea,	9.50%
Hypnotherapy	One session	\$895.00	Feeling of general well- being, sense of achievement and confidence. No Adverse side-effects	86-96.5%

Something to Think about.....

If you have been smoking a pack a day – this last year depending where you live, you likely **wasted** about \$4,368.00 or more, on cigarettes. If you have smoked for 20 years you likely **wasted** around \$60,000.00. If you continue to smoking for 20 years, you will likely **waste** at least **\$87,000.00** And that is if the price never increases - starting today. Do you really want to keep wasting your hard earned money?

What has the cost been to your health over these last 20 years – physical problems, and emotional stress? And don't forget, that these preventable health problems have cost you money as well.

If you continue to smoke this year you will waste at least another \$3,000.00, and if it doesn't kill you 1st.. over the next 20 years that is easily totaling \$120,000.00 or more, of wasted money on cigarettes alone. Think about the frustration you have had to deal with, the health issues, and emotional issues that you have faced because of this habit....and.... the anxiety of knowing that your life has a 1 in 3 chance that it is likely going to be 10years shorter than it should be..... wow....not a pretty picture.

- If you could stop the frustration, inconvenience, and anxiety, and if you could get your health back and potentially add 10 healthy years to your life....
- If you could save that money and put it towards something special like a Mortgage payment, education, vacations, or retirement.....
- If you could have another reason to be a role model for your children...
- If you could do this all in one session with **no** adverse side affects.....

Would you?

If you work with me, in one session you will be a non smoker and you will have support to remain a non-smoker for the rest of your life. Your investment in your healthy future is \$895.00 Set up your strategy session with me now. It is never too late to get your life back and start saving saving that hard earned money instead of wasting it.

[Book your Strategy Session Now](#)