



If you have made a definite decision to stop smoking, then giving up is as easy as **1, 2, 3**. It is important that you have made a definite decision to stop – hypnotherapy works best when this is the case. It has a lot less chance of working if you are only trying to stop because someone wants you to or because you think you 'should'. Also, smoking can be a symptom of some other issues in your life that you are coping with – these things need to be addressed first, and once they have been, then stopping smoking becomes relatively easy because it is just the habit that remains. With suggestions given to you in the hypnotic state, then you will never reach for a cigarette and 'light up' without thinking. Every time you reach for a cigarette, then your subconscious mind will alert your conscious mind that you want to stop smoking – it then becomes a conscious decision to put that cigarette down. If you live local to me, and you are ready to stop smoking, have made a definite decision to stop smoking (because you no longer want smoking in your life), then I am able to assist you with that goal.

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I Choose to Stop Smoking—Please advise

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1. You get in [contact with me](#) and let me know your address details. I then send you a 'stop smoking' pack. This pack will include tips to stop smoking with the use of hypnotherapy – including a relaxation exercise on cd with instructions and a cutting down method. Once you have used the cd and cut down for a week then you are ready for step 2.

2. You [contact me](#) to make an appointment. This appointment takes approximately one hour. We explore the reasons of why you want to give up smoking and I check with you that you have made a definite decision that this will be your quitting day. Hypnosis is fully explained and then you are given suggestions during a hypnosis session



3. Four days later you come back for your final appointment. Your progress is assessed, your future is discussed, and you are given more suggestions to your subconscious in a hypnosis session. You take home the suggestions on cd for you to use at home.

If you have made a definite decision to stop smoking then I can assist you in achieving this goal.