

Nothing to Fear Everything to Gain

Hypnosis is possibly as old as mankind. The old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today, the use of hypnosis is seen in a variety of fields, including: medicine, dentistry, law enforcement, professional sports, and education.

Most people have a limited understanding of the positive results that can be achieved in a professionally controlled hypnosis session. We would like to dispel some of the myths and answer the most frequently asked questions about hypnosis.

- **How does hypnosis work?** Our minds work on two levels – the conscious and the subconscious. We make decisions, think, and act with our conscious mind. The subconscious mind controls our habits. 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.

- **Will hypnosis work for me?** Generally speaking, every normal person is "hypnotisable". That is, people with an IQ of at least 70, and no severe mental disorders. Therefore, virtually anyone can achieve successful results using hypnosis.

- **How will I know if I am hypnotised?** Most people cannot tell the difference between the hypnotised and the waking states. Some people feel relaxed and lethargic, others feel a lightness. One thing that people *do* notice is an inexplicable change in their daily behaviours.

- **Is hypnosis safe?** Hypnosis is completely safe. You are aware and in control at every moment and can terminate the session at any time. Hypnosis is not sleep, nor can you get "stuck" in a state of hypnosis. You cannot be made to do something against your will! Hypnosis is a safe, relaxing, and enjoyable experience.

- **How does hypnosis help me to kick the smoking habit?** Because smoking is a habit, it is controlled by the subconscious mind. Since hypnosis and NLP work directly with the subconscious, this is *the only method that makes sense!* We can help you effortlessly change into the healthy lifestyle of a happy non-smoker – **it only takes one hour to quit.**

Life Changes Hypnosis



David and Nichola Sansom are qualified and registered hypnotherapists. Both are members of The Academy of Hypnosis and Hypnotherapy Register of Advanced Hypnotherapists. They are also members of the General Hypnotherapy Register, the registering agency for the General Hypnotherapy Standards Council, which was established following Department of Health guidelines. They also help people with other problems such as, excess weight, anxiety, phobias, self-confidence, and much more. (Please see 'Hypnosis for Change' brochure.)

Hypnosis makes it easy. Let us make it easy for you. All you have to do is pick up the phone, make an appointment, and keep that appointment. From that moment on, your smoking problem is solved!

Phone: 01483 427161

Email: life.changes@virgin.net

STOP SMOKING IN ONE HOUR

95% Success Rate



Hypnosis Makes it Easy!

Life Changes Hypnosis

Phone: 01483 427161

Email: life.changes@virgin.net

Why People Don't Stop Smoking

Most people know that by stopping they will save several thousand pounds a year. Most people know that they could add years to their life. And most people know that if they stop smoking right now, they could save their health – before it's too late.

So, *why* do people continue to smoke? With several years experience in dealing with the mind, we have found the answer to be the same everywhere. It all comes down to one thing . . . FEAR.

- Fear that you'll have to give up your crutch or pleasure
- Fear that you won't be able to enjoy life or handle stress
- Fear that you will put on weight
- Fear that you'll have to go through an awful trauma to get free
- Fear that you'll never get completely free of the craving

All of these fears are just examples of one overriding fear. The one simple reason that you have not stopped smoking is that you:

Fear that it is going to be too painful and too difficult!

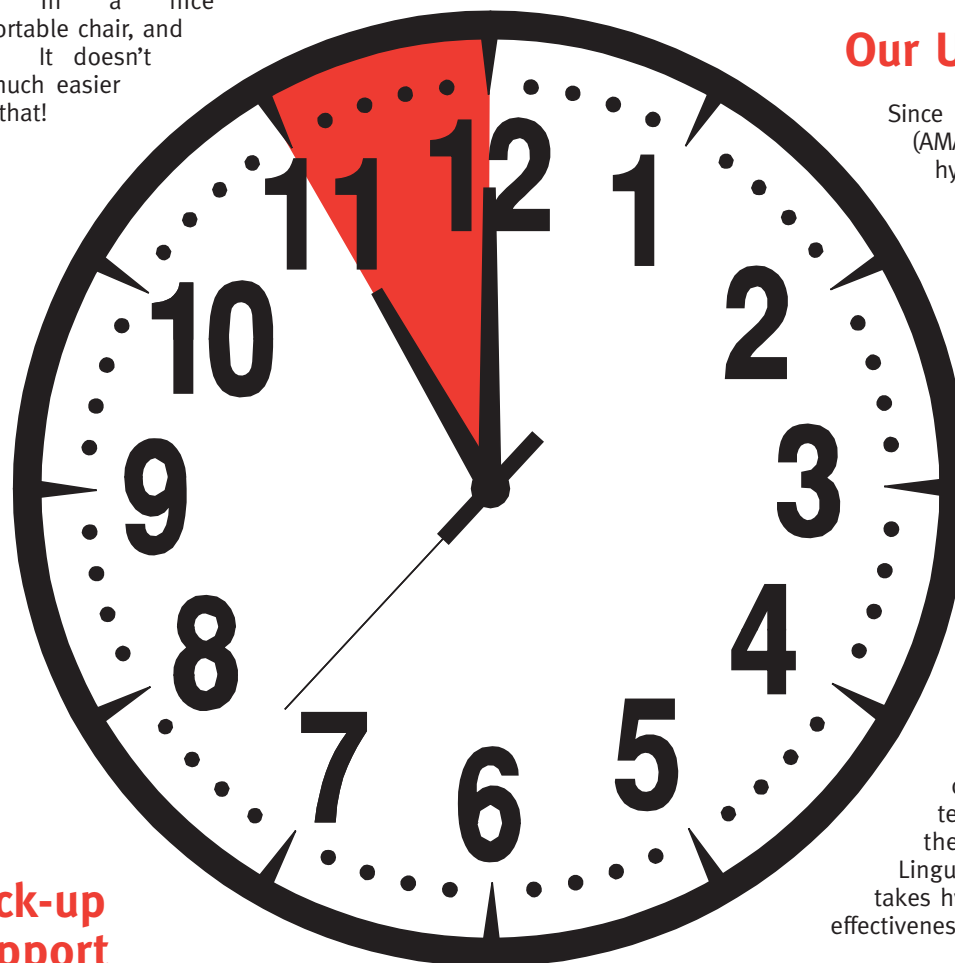
Hypnosis Makes it Easy

In fact, our unique hypnosis technique makes it so easy that after only **one hour** you'll leave a happy non-smoker – not feeling deprived, not feeling that you've made a sacrifice, and not feeling any pain. Instead, you'll have a huge sense of relief and elation that you have at last achieved what all smokers long to achieve, **you have become a happy, permanent, non-smoker.**

When smokers try to stop with other methods they suffer misery and depression caused by the feeling that they are being deprived of a pleasure or a crutch. The beauty of hypnosis, and the way we use hypnosis in particular, is that it removes this feeling of deprivation. It removes the need, and the desire, to smoke. You won't need useless aids, gimmicks, or substitutes. No nicotine gum or patches. No inhalers or nasal sprays. No needles or lasers. All that you have to do with hypnosis is sit back in a nice comfortable chair, and relax. It doesn't get much easier than that!

Back-up Support

We have so much confidence in our unique approach that we can offer a free back-up session. This means that if you ever start smoking again, whether it is two days or two years down the road, all that you have to do is give us a call and we get you back in at no extra charge. You may be wondering how we can offer these free back-up sessions to our clients...



95% Stop in One Hour

The reason we can offer this free back-up session, is because the technique we use has such a high success rate. 95% of people stop in one hour*, and for the remaining 5% we offer free back up support. How do we consistently maintain such a high success rate, year in and year out with just a one hour session?

Our Unique Approach

Since the American Medical Association (AMA) approved the use of clinical hypnosis in the 1950s, and since the British Medical Association (BMA) reported their approval of hypnosis in 1953 for specific conditions (Psychoneuroses & Hypnoanaesthesia) thousands of people have found hypnosis to be an effective way to stop smoking, lose weight, and otherwise improve their lives. Of course, there are varying degrees of success with hypnosis because much depends upon the skill, experience, and general competence of the individual hypnotherapist – as well as the techniques being used by them.

The beauty of our unique approach is that we use the best of traditional hypnotherapy techniques, and combine them with the emerging science of Neuro Linguistic Programming (NLP), which takes hypnosis to an even greater level of effectiveness.

One of the reasons why it's not painful or difficult to stop smoking with our method, in fact one of the reasons why it is so easy, is that we transfer the pleasure derived from smoking to a healthier habit of your choice (e.g. exercise, drinking more water, or relaxation). This is the reason why, with us, there is NO unwanted weight gain or other problems associated with kicking the habit – the only side-effects are an increase in health, wealth, and freedom.

*as reported in a study of 300 people interviewed by telephone after six months.