

Stop Smoking Hypnotherapy 121

Meditation Made Effortless

Quit Smoking in Six Weeks with Self Hypnosis! Christopher Harris, 2014-01 Now you can get a Complete Stop Smoking Self- Hypnosis Program for less than the price of one pack of cigarettes! Did you know that 633 studies of involving 71,806 subjects voted hypnosis the #1 way to stop smoking? In fact, hypnosis has been ranked the #1 way to quit smoking by doctors and researchers alike. Certified Smoking Cessation Hypnosis Specialist Christopher Harris is one of the most effective stop-smoking hypnotherapists in Los Angeles – and in this revolutionary book he will bring the hypnotherapists office to you at a savings of hundreds of dollars! This book is a week-by-week guide to permanently stop smoking. Over the next six weeks you will be lead on a journey of self-discovery. You will learn why you smoke and how to use self-hypnosis to regain control. Ninety-six percent of smokers can quit in six weeks with this book –Are you ready to stop smoking and kick the habit forever? About The Author: Christopher Harris is a Certified Master Hypnotist and Certified Smoking Cessation Hypnosis Specialist with a private practice in Los Angeles, CA. He is one of the most successful stop-smoking hypnotists in Los Angeles. Chris stands behind his techniques, as a smoker for nearly 15 years his motto is “If I can do it you can do it”! Chris offers one-on-one hypnotherapy sessions in person at his office locations in Los Angeles and via Skype and telephone for those living outside of Southern California. Chris is also a Public Speaker and regularly teaches group classes for companies and other organizations. To contact him for hypnotherapy sessions or Speaking Engagements call 424-27-THINK (424-278-4465).

Cognitive-Behavioral Therapy, Mindfulness, and Hypnosis for Smoking Cessation Joseph P. Green, Steven Jay Lynn, 2018-11-12 A scientifically informed intervention to help smokers quit for life, based in cognitive-behavioral therapy Cognitive-Behavioral Therapy, Mindfulness, and Hypnosis for Smoking Cessation: A Scientifically Informed Intervention presents a comprehensive program developed by noted experts to help smokers achieve their goal of life-long abstinence from smoking. This brief, cost-effective intervention, called The Winning Edge, incorporates state-of-the-science advances and best clinical practices in the treatment of tobacco addiction and offers participants a unique blend of strategies based on cognitive-behavioral, mindfulness, and hypnotic approaches to achieve smoking cessation. This valuable treatment guide, developed and refined over the past 30 years, provides all of the information necessary for health care providers to implement the program on a group or individual basis. This important resource: Provides a detailed, step-by-step guide to conducting the program, with scripts for providers and handouts for participants Explains the scientific basis for the many strategies of cognitive, behavioral, and affective change in The Winning Edge program Contains information for treatment providers on frequently asked questions, adapting and tailoring the program to the needs of participants, and overcoming challenges, ambivalence, and resistance to stop smoking Written for a wide audience of mental health professionals, Cognitive-Behavioral Therapy, Mindfulness, and Hypnosis for Smoking Cessation: A Scientifically Informed Intervention offers a comprehensive, science-based approach to help participants achieve their goal of a smoke-free life.

Breathe, Freedom Kevin Alderson, 2011-03-15 *Breathe, Freedom!* is a comprehensive stop-smoking program using self-hypnosis. Although smoking is viewed medically as a chronic relapsing condition, both psychological and medical research reveals that comprehensive smoking cessation programs boast as high as a 50% success rate after 12 months. *Breathe, Freedom!* includes not only the best known methods to help smokers quit, but also incorporates the best of what we know about hypnotic intervention. The book is written in story form while it includes a large resource guide and detailed methods. If you are a smoker, you are one of about 1.1 billion in the world. Ever wonder how that is possible given our current understanding of the hazards from longterm smoking? Ever wonder how you could quit easily by following a comprehensive stop smoking program? *Breathe, Freedom!* is the book you need.

Quit Jess Marion, Sarah Carson, Shawn Carson, 2013-07-04 This book is a must have guide for every Hypnotist wanting to help smokers quit. Smoking cessation is a cornerstone of the hypnosis industry. Many hypnotists go into practice with the hopes of helping people kick the habit. Running successful stop smoking programs helps save lives and build successful businesses. Unfortunately, few Hypnotists are trained in the art and science of working with smokers. They blindly feel their way through this challenging landscape. Some even become so discouraged that they give up working with smokers. *Quit* takes out the guess work, presenting an easy to follow and highly effective protocol for helping smokers quit based on the authors' experiences working with hundreds of now non-smokers. *Quit* leads the reader through everything from the initial phone conversation to the testing process- providing the client the opportunity to prove to themselves' that they have changed. *Quit* also presents 3 completely new patterns, taught nowhere else in the world, which have extremely high rates of success with smokers. If you were to run your session with just these 3 patterns your success rates would skyrocket. *Quit* is a must read for any change worker working with smokers and is an essential part of every hypnotist's library. *Quit* gives you the familiarity and confidence to work with smokers and help save lives.

Quit Dr Patrick McCarthy, 2013-02-01 This book and set of MP3s use self-hypnosis for people who want to stop smoking. It looks at why people smoke and the rewards they get from smoking and offers a hypnosis method to assist people give up. Written in a conversational style by a doctor specialising in medical hypnosis, the book and accompanying MP3s replicate the sessions that Dr McCarthy has used successfully with smokers for many years to turn them into non-smokers. The first MP3 teaches people an easy-to-learn self-hypnosis replacement for smoking, and the second is a powerful hypnotic commitment and pledge to stop smoking forever.

Hypnosis Treatment for Addictions Kristi O'Neill, 2001-01-20 This book offers an invigorating, highly professional, and rapid way to end major addictions with hypnosis. It is a great investment of your time and money for professional training in the field. You are provided with unique and complete word-for-word hypnosis sessions to treat individuals and groups. These sessions have been used in Dr. O'Neill's own clinic for over 15 years. To further enhance the healing process, you can offer Dr. O'Neill's professional hypnosis audiotapes for use between sessions. The goal is to have your clients reach their healthy goals in the shortest number of sessions. Dr. Milton H. Erickson, the world-renowned expert in the field of medical hypnosis said it best: Hypnosis is the safest, fastest, and most effective form of psychotherapy. The hypnosis sessions you will do from this book are sure to increase your referrals from satisfied clients, and add to your professional reputation. BOOK 1: HYPNOSIS SESSIONS TO STOP SMOKING In Book 1 you will be trained to perform excellent hypnosis. There are unique word-for-word beginning, middle, and final sessions for stopping smoking with individuals and groups. These are followed with powerful advanced hypnosis techniques. Knowledge of mind-brain activities is presented. Also included are verbatim hypnosis sessions for excellent health and peak performance. BOOK 2: HYPNOSIS SESSIONS TO STOP DRUG ABUSE Book 2 gives hypnosis training to stop all drug addictions. It has seven complete word-for-word sessions for stopping individual drug abuse, and four group sessions for drug addictions. Stress reduction and pain management techniques follow. Instructions for stress reduction homework, and sessions to increase self-esteem and personal success are given in detail. BOOK 3: HYPNOSIS SESSIONS FOR WEIGHT LOSS & ALCOHOL ABUSE There are eight verbatim individual and group sessions for weight control. These are followed by four hypnosis sessions to stop individual alcohol abuse. This is followed by group hypnosis for alcohol abuse. Included are items covering the 12-step program, and additional sessions follow for sexual fulfillment.

Quit Smoking Hypnosis Elliott J. Power, 2021-02-06 ★ 55% OFF for Bookstores! ★ COLORED VERSION! Are you addicted to nicotine and desperately want to quit? Have you tried to stop smoking before but keep going back to it? Are you ready to try something amazing that will cure you of your cravings forever? Nicotine is among the most addictive substances known and can be incredibly harmful to our bodies when taken over extended periods of time, leading to a wide range of diseases and medical conditions. Kicking the habit is the Holy Grail for millions of people and many try and fail every year, such is the power of their addiction. But there is a way to overcome it through

targeted hypnosis, that is natural and has permanent effects. Inside the pages of Quit Smoking Hypnosis you will find all you need to target your desire to quit, reduce stress and be smoke-free in just 30 days, with information on: - How hypnosis works to help you quit - Taking the first steps by changing the way you think - Tips for reducing anxiety, which often causes us to smoke - How insomnia can be cured when you stop smoking - Positive affirmations to help you quit - How to get a better nights' sleep - Instilling a state of calm without resorting to nicotine - How quitting smoking will benefit you and your health And more... There is no doubt that smoking is incredibly bad for our physical health but it can also affect our mental wellbeing too. Luckily, this is not something that is always irreversible and many people who have successfully stopped have talked about how quitting has given them a different outlook on life, enhanced empathy, increased optimism. If you want to experience that for yourself, reprogram your mind with positive affirmations, regain your physical health and avoid chronic diseases or even premature death, get a copy of Quit Smoking Hypnosis and see how it could help you!

Stop Smoking Through Self Hypnosis I. Gilbert,1987-10-01

Hypnosis for Smoking Cessation David Botsford,2007 Combining Ericksonian hypnotherapy and NLP with techniques taken from cognitive therapy, yoga, and stress management, Botsford explains how to deal with every possible situation in smoking cessation. This work shows professionals how to influence the client and teach self-hypnosis and other techniques which will help maintain the client as a non-smoker.

Quit Smoking Today Without Gaining Weight Paul McKenna, Ph.D.,2016-03-22 Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? Then let Paul McKenna help you! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

Think Quit Mark Stephens,2010 See inside for your free self-hypnosis MP3--Cover.

Stop Smoking for Life... MINDWAYS QUIT Solution™ David Greene,Hazel Newsom,2015-04-15 MINDWAYS QUIT Solution™ is the combined effort of David Greene RN a seasoned healthcare professional and Hazel Newsom CHT, CtBH a nationally recognized hypnotherapist who appeared on Good Morning America for her success in helping people achieve change. These dedicated clinicians are the co-founders of the MINDWAYS QUIT Solution™ stop smoking program which is a self-paced multimedia program delivered in an interactive eBook with more than an hour of hypnosis videos. It combines proven coaching and assessment practices with cognitive behavior change techniques to produce a lasting freedom from smoking dependence. Try the MINDWAYS QUIT Solution™ today and experience... A natural approach that keeps you feeling good during the quitting process... An easy to follow program that conveniently fits into any busy schedule... Assessments that identify your triggers and the reasons why you smoke... Practical strategies that help to successfully manage nicotine cravings... Personalized hypnosis videos that develop the mindset needed for achieving success... Don't wait any longer, become a non-smoker for life with the MINDWAYS QUIT Solution™

Stop Smoking Stanislaw Gattringer,2023-07-22 Changing a habit can be challenging, particularly when it involves addiction. However, your choice to quit smoking is commendable and I extend my congratulations to you for this accomplishment. The present matter at hand pertains to acquainting oneself with the means to permanently abandon one's unfavorable practices. This publication will greatly facilitate your cessation of the aforementioned habit, enabling you to progress in your life and attain a state of improved well-being and longevity. This phenomenon is also known as entering a profound trance-like state or an intense state of slumber. This profoundly anchored state exhibits an exceptional receptiveness to an idea or imagery that is inherently contradictory in nature. However, it remains unattainable to exert control over an individual's autonomous will and their state of mind at any given moment. This sleep learning script, titled 'Cessation of Smoking, ' was crafted with the intention of aiding the individual in fostering introspective thoughts concerning self-identification as a non-smoker, relinquishing the urge to smoke, adeptly managing emotions while adopting a healthy lifestyle, and cultivating habits conducive to overall well-being.

Stop Smoking in One Hour Valerie Austin,2000 It sounds too good to be true, but the academic research figures back up Valerie Austin's claims that this is the easiest way to stop smoking. It is effective even for the most hardened smoker who has been a slave to the habit for years.

STOP SMOKING NOW! Simple Techniques for Smoke Cessation Elizabeth A. Mahaney,Harriet Raitano,2009-10-01 Let's cut to the chase! This book is not about lectures. It is simply about finding out what will work for you to become a non-smoker and stay that way- Smoke Free! Feel free to skip around this book or read and do the activities in order. It is up to you. The key is discovering what works. I offer many different types of therapeutic approaches to help eliminate cigarettes from your life.

How to Stop Smoking Lilly De Sisto, How many times have you thought about quitting smoking? How many times have you tried to kick the habit only to give into your cravings and light up again? I've been there. While there are many books focusing on helping people quit smoking, few have them were created by people who really know what it's like to be heavily addicted to the smoker's lifestyle.. and it really is a lifestyle, isn't it? We smoke to be social, we smoke after a good meal with friends, we smoke to relax, and we even smoke just for the joy of it all.. whether it's a choice or not doesn't matter, we don't all hate smoking, we all just know how incredibly risky it is to keep on doing it. So, we stick on the patch and try our hardest to resist the temptation of lighting up.. when that doesn't work, we try chewing on nicotine gum, only to burn our throats and gag at the flavor that hardly replaces a cigarette.. and after those things fail us miserably, we become guinea pigs to hypnosis or magnetic jewelry, all claiming to be instant solutions to butting out that last cigarette, permanently. Yet, how many of those things really work? Our cravings are stronger than most of the aids, and despite how seriously committed you are to quitting, without a solid system in place, you are likely going to continue to shell out money trying every new gimmick to hit the market, only to continue right back where you started. But it doesn't have to be that way... For the first time ever, I have written everything I know about smoking, the reasons we do it, the methods we can use to quit and how we can rid ourselves from the powerful control that smoking has over us, without ever having to suffer from withdrawal or worry about relapse.. If you really want to butt out for life, you need to grab a copy of this book and put it into action TODAY.. never again will you ever have to struggle with trying to quit on your own. This guide is a comprehensive system that covers all aspects of smoking, and reveals the critical elements of an effective quit-smoking system that you NEED to know if you want to be successful... Here is just a sneak peek of just some of what's revealed: - Find out why you are really addicted to smoking and exploit this information to your advantage by de-activating triggers that cause you to light up! This is one of the easiest methods of kicking the habit, regardless how much you smoke! - Learn the shocking truth about stop smoking aids, and what really works and what doesn't. Never waste another dime on flaky gimmicks that only cause you to fail every time you try to quit. - Step by step strategy to quitting forever! Follow these time tested, PROVEN techniques to living a healthier, happier, smoke-free life and NEVER suffer from relapse. - Find out how you can eliminate cravings instantly and kick the habit faster and easier than you ever thought possible! You really can become a non-smoker, even if you have been smoking for many years. These insider tips will show you how!

I Quit Jess Marion,Sarah Carson,Shawn Carson,2014-11-25

Quit Smoking Hypnosis Jessica Jacobs,2021-05-06 Introducing How You Can Quit Smoking & Replace It With Healthy Habits Using The Power Of Hypnosis Let's begin with this- The New Scientist magazine comprehensive study stated: Hypnotherapy enjoys a greater success rate than any other method in helping people quit smoking. Now, I bet your wondering just how Hypnosis has such a high success rate. Put simply, it's because smoking, like all our habits, is controlled by the unconscious part of the mind. And, what Hypnosis does is help us access this REM state in which we are more open to new ideas & suggestions, then as this is reprogrammed with the truth about smoking, the urge falls away. Up until now, you have been programmed to believe smoking has done good for you and actually has a positive benefit in your life. Sure, you've heard it can increase the risk of cancer, but you think the benefits' like weight loss, reduced anxiety & stress etc make Smoking a 'good' habit. Hypnosis will transform this & reveal the truth to your unconscious mind when it is open to suggestions! The majority of cigarettes are simply smoked through habit or a conditioned response to stimuli, so by changing that habit and conditioned response, smoking becomes a thing of your past. Anyways, here's a tiny example of what these Hypnosis can do for you: - Help Reduce And Eventually Completely Remove Your Smoking Cravings - Rewire Your Brain & Reprogram Your Mind To Develop Healthy Habits In Place Of Smoking - Positive Affirmations To Help You Overcome Your Smoking Addiction FOR GOOD! - Relaxation Techniques That Can Use In Place Of Smoking When Stress Strikes - A Subconscious Top-Down Brain Rewiring Process To Prevent Yourself Instantly Turning To Smoking As The Conditioned Response And So Much More! So, If You're Ready To Start Your Journey To a Smoke-Free Happier & Healthier You Then Scroll Up And Buy This Audiobook!

Quit Smoking Hypnosis Guided Self-Hypnosis & Meditations To Stop Smoking Addiction & Smoking Cessation Including Positive Affirmations, Visualizations & Relaxation Techniques Meditation Made Effortless,2021-01-25 If You Want To Finally Quit Smoking & Develop Healthy Habits In It's Place By Utilizing The Power Of Hypnosis Then Keep Reading... Let's start here. The New Scientist Magazine Comprehensive Study stated 'Hypnotherapy enjoys a greater success rate than any other in helping people quit smoking.' Why is that? Why can some people stop after 1 session of Hypnotherapy after years of failing trying to quit? It's because Smoking, like all habits, is controlled by the unconscious part of the mind. And, Hypnosis helps us access the REM state in which we are more open to new ideas and suggestions, and once this is reprogrammed the smoking urge is simply gone. Up until now you have been programmed to believe smoking has done good for you, and that it is a positive habit. Things like relieving stress, confidence and weight control have been associated with your smoking. Hypnosis will reprogram your unconscious to produce these positive intentions you believed Cigarettes gave you, but in far healthier ways. The majority of Cigarettes are smoked through habit or conditioned response to stimuli, by changing that habit and conditioned response, suddenly smoking will be a thing of your past. Anyways, Here's A Slither Of What This Audiobook Can do For You... Help Reduce And Eventually Completely Remove Your Cravings For Cigarettes, Tobacco And Nicotine Rewire Your Brain To Develop Healthy Habits To Replace Your Smoking Habit Positive Affirmations To Help You Overcome Your Smoking Addiction Once And For All Relaxation Techniques That Can Also Be Used To Help You Fall Asleep A Subconscious Top-Down Rewiring Process To Prevent Yourself instantly Turning To Cigarettes As A Conditioned Response A Complete Transformation Of Your Beliefs Around Smoking, That Makes Quitting Inevitable! And SO Much More! So, If You're Ready To Live A Smoking Free Lifestyle And Become The Healthiest Version Of Yourself, Scroll Up And Click Add To Cart.

Quit Smoking & Alcohol Hypnosis (2 In 1) Guided Self-Hypnosis & Meditations To Overcome Alcoholism & Smoking Cessation Including Positive Affirmations Meditation Made Effortless,2021-01-25 If You Want To Finally Quit Smoking And Drinking Alcohol & Develop Healthy Habits In Their Place By Utilizing The Power Of Hypnosis Then Keep Reading... Let's start here. The New Scientist Magazine Comprehensive Study stated 'Hypnotherapy enjoys a greater success rate than any other in helping people quit smoking.' The same effectiveness can be had for Alcohol addiction also. Why is that? Why can some people stop after 1 session of Hypnotherapy after years of failing trying to quit? It's because Smoking& Drinking, like all habits, is controlled by the unconscious part of the mind. And, Hypnosis helps us access the REM state in which we are more open to new ideas and suggestions, and once this is reprogrammed the smoking urge is simply gone. Up until now you have been programmed to believe smoking& drinking has done good for you, and that it is a positive habit. Things like relieving stress, confidence and weight control have been associated with these behaviors. Hypnosis will reprogram your unconscious to produce these positive intentions you believed Cigarettes gave you, but in far healthier ways. Anyways, Here's A Slither Of What This Audiobook Can do For You... Help Reduce And Eventually Completely Remove Your Cravings For Cigarettes, Tobacco And Nicotine Rewire Your Brain To Develop Healthy Habits To Replace Your Smoking Habit Positive Affirmations To Help You Overcome Your Smoking Addiction Once And For All Help Reduce & Completely Remove Your Cravings For Alcohol A Complete Transformation Of Your Beliefs Around Drinking Alcohol, That Makes Quitting Inevitable! Improve Your Health & Lose Weight By Giving Up Alcohol & Reducing Not Only Your Daily Calories But Your Daily Toxin Intake! And SO Much More! So, If You Want 20 Hours + Of Hypnosis To Help You Live A Smoking & Alcohol Free Lifestyle And Become The Healthiest Version Of Yourself, Scroll Up And Click Add To Cart.

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