

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 unconscious. We make decisions, think, and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

Will This System work for me? Generally speaking, every normal person is “hypnotizable.” That is people without intellectual or severe mental disorders. Therefore, virtually anyone who wants to can achieve successful results using our system.

How will I know if I am hypnotized? Most people cannot tell the difference between the hypnotized and the waking states. Some people feel relaxed and sleepy, others feel a lightness. One thing that people do notice is an inexplicable change for the better in their daily behaviors.

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 unconscious mind. Since hypnosis and NLP work directly with the unconscious, this is the only method that makes sense! We can help you effortlessly transition into the healthy lifestyle of a happy non-smoker—it only takes sixty minutes to quit.

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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 show up. From that moment on, your smoking problem is solved!

Quit Cigarettes In Sixty Minutes

GUARANTEED!



Hypnosis Makes It Easy!

Why People Find it Hard to Quit Cigarettes

Most people know that by stopping they will save several thousand dollars 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 more than 20 years combined experience in dealing with the mind, we have found the answer to be the same all over the world. 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 techniques make it so easy that after only sixty minutes 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!

Our Guarantee

We have so much confidence in our methods that after years in practice we are still one of the few hypnotherapists that offer a longterm guarantee. This means that if you did start smoking again, whether it is two days or six months 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 for such a long time...

95% Stop

The reason we can offer our reassuring longterm guarantee is because we have such a high success rate. More than 80% of people stop in the first session, and the remainder stop in a free short back up session. How do we consistently maintain such a high success rate, year in and year out with just one session.

Our Unique Approach

Since the American Medical Association (AMA) and the British Medical Association (BMA) approved the use of clinical hypnosis in the 1950s, 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, in addition to your motivation, much depends on the skill and experience 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 newer work of Neuro-Linguistic Programming (NLP), which take 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's 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.

