

## Remember

One session is all it takes and you take home your tape that is made especially for you...A healthy life is your future when you decide to stop killing yourself...A glass of water will take the place of a cigarette...your body will feel good... you can run...your kids will love you more...you'll have clean clothes...clean lungs & a stress free heart...What a Great Exchange!

**ADD 10 Years to Your Life...**



*Healing Challenges*

Trudy Beers, Ph.D.  
Clinical Hypnotherapist

**Tribeca Hypnosis & Healing Institute**

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**"Heal Your Challenges Of Habits & Emotions"**

**Hypnotherapy For Smoking Cessation**



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# Quit Smoking Now!!!

## Get Rid of that Nasty Smoking Habit with Hypnosis

What if you could stop smoking and get cigarettes out of your life easily and comfortably? Without needing willpower, without any Cravings or Bad Moods or Weight Gain? Hypnotherapy is the most successful way to get rid of this habit... You see the subconscious mind is where all habits are formed, so that is the source that needs to be reprogrammed... Hypnosis is a safe, relaxing way to Communicate to that part of you that wants you to be healthy & happy... Have you been listening to yourself cough or felt exhausted when you walk up a set of stairs? When you are fed up, come to Tribeca Hypnosis & Healing Institute and I will be happy to teach you how to use the amazing techniques of hypnosis to save your life & even money too!!!

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## Scientific Conclusion

In 1992 (11 years ago!), New Scientist magazine published an article assessing and comparing all the different methods of quitting smoking. The research was carried out at the University of Iowa, and statistically combined the results of more than 600 studies covering almost 72,000 people from America, Scandinavia and elsewhere in Europe. It looked at 48 studies into hypnosis, which covered over 6000 smokers, and concluded: "Hypnosis is the most effective way of stopping smoking". Please Note to this scientific conclusion that Hypnosis is the most effective way of Stopping Smoking!

- This has been going on for some time as documented by the following journals:
- 94% of 1000 people stop smoking with hypnotherapy, followed up over 18 months. Von Dedenroth, T. (1968) American Journal of Clinical Hypnosis Success with hypnotherapy based on one year follow up. Kline, M. (1970) International Journal of Clinical and Experimental Hypnosis.

Of course, this news was only good news for smokers and individual hypnotherapists. It was extremely bad news for the drug companies that make nicotine patches, gum, lozenges, nasal sprays, drops... And we all know who is making all the money these days with all their propaganda...

- **Just think what it would be like to be a non smoker totally FREE from cigarettes.....**
- Your body is fitter, healthier, stronger, reaching its full potential...
- You have far more energy..no more feeling tired and lethargic all day long...
- Freedom and relief, ...you are no longer a slave to cigarettes, no longer caught in a vicious circle which is silently killing you...
- Your blood pressure is falling & moving nearer to

normal (one of the first physiological changes)...

- Skin much healthier and younger looking.
- You no longer smelling like an ash tray... or feeling like a socially UNACCEPTED...
- You have more in control of your life...
- No longer being full of the poison of nicotine...

You will be surprised how much stronger and steadier your nerves become, leading to increased motivation and confidence...

**Make the call & take  
your first step towards”  
Healing Your Challenge  
of Smoking...  
HYPNOSIS WORKS!”  
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