Help to stop smoking information

Are you a smoker who wants to stop? Are you beginning to worry about the effect on your health? Are you tired of spending a fortune and watching it burn away and go up in smoke? Do your clothes smell of smoke? Does your breath smell of tobacco all the time? Not sure if you can stop?

Many people have been in this situation and have stopped quickly and effectively without the difficulties you might expect. I have been able to help lots of smokers to stop smoking who have literally smoked since they were teenagers.

Some people may be able to stop through willpower however, most won't. This is because willpower, like moods and emotions fluctuates from day to day. It is usually neither consistent or effective.

Among stop-smoking procedures there are countless methods, programmes, substitute products, pills, chewing gums, self-help tapes and patches and books etc… Many are designed to help build up the personal power to resist overcome the addition.

Hypnotherapy does not work at achieving the strength to resist. It is designed to eliminate the desire. Instead of giving up something that a person enjoys (a sacrifice), the individual's goal is to be rid of something that isn't wanted – a much more agreeable position psychologically.

There are two principle reasons for smoking: Identification and Replacements.

Identification in the situation in which the smoker indulges in the habit because others whom he admires do so – parents, peers, entertainment or sports figures, etc.. this is probably how most people begin smoking.

Replacement smoking occurs when smoking is used to replace some deficit in life – lack of companionship, love, acceptance, self-esteem, security etc .. or to replace some pre-existing habit such as overeating, reaction to anxiety or boredom etc…

Smokers can derive a lot of gratification from the rituals attached to smoking including the holding of the cigarette, the inhaling and exhaling of the smoke, etc…

Since smoking is both physical and mental, success in a top-smoking effort must change not only the mental attitude, but the physical reaction. It is possible to do this very successfully through hypnotherapy.

In some cases a gradual reduction in the numbers of cigarettes smoked process successful. In some cases, effective cessation of smoking can be achieved in a single session. In other case a few sessions may be required.

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The huge benefit of hypnotherapy is that treatment can be specifically tailored to the individual, taking into account the causes of the habit, the gratifications provided and characteristics of the client.

One of the most powerful attributes of the human psyche is the visualisation ability,. Hypnotherapy can help develop and focus the powers of visualisation and teach the client how to visualise to gain a range of benefits.

Hypnotherapy can help the smoker to visualise themselves as a non-smoker, fee from past effects of the habit, filled with new health, energy and vitality. Visualisation enables the client to picture in the mind cigarettes as unappealing, bad tasting, foul smelling etc… Likewise it is possible to picture and sense clean breath, healthy appearance and sensitive tastes.

Through visualisation as smoker can perceive himself/herself as looking healthier, more active, in better physical condition, with easier breathing, stronger lungs and similar advantages. Through hypnotherapy senses of sight, touch, smell, hearing and taste all can be enhanced and used to modify reaction as necessary to achieve goals.

Once a smoker has achieved success they may want to reinforce this in order to prevent relapse. This can be done be using a C.D provided by the therapist or by using techniques taught by the therapist, or birth.

If you came to stop smoking with me I can promise you a treatment suited to your needs and that you will feel significantly different as a non-smoker.

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