QUIT Smoking in 60 Minutes

Your Guide to Success



Quit Smoking Expert

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Introduction

I have been helping people for many years now to quit smoking and during this time I have been able to put together ways of how to become a successful non-smoker. The hints, tips and learnings that cover will help you to be better prepared psychology and also help you to understand your habit of smoking.

Quitting smoking in 60 minutes is a combination of hypnosis and Neuro Linguistic Programming (NLP) and by understanding the process and the psychology behind the process it will make it easier for the hypnotherapist and yourself to achieve success.

Hypnotherapy suffers a lot from the myths and misconceptions that are out there. In reality hypnosis does not involve gold watches or making people do weird and wonderful things. Hypnosis is an extremely powerful tool that can help people overcome habits and behaviours that hold people back, among them smoking. In reality hypnosis is one of the most successful ways to quit smoking. The success rate is between 70-80% and that includes group hypnosis which is nowhere as powerful as one on one sessions. This success rate is far higher than the use of will power, drugs and needles.

I firmly believe that with the knowledge contained in this book your chances of becoming a non-smoker will increase dramatically.

So without further ado let's begin the journey to becoming a non-smoker.

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Do You Want To Quit?

The question of do you want to quit smoking is the most crucial question of all. You see if you don't want to quit you will not quit! Hypnotherapy cannot make you do what you don't want to do. Everybody that smokes needs to quit but the want to quit must be more than the need. It's like everything in life; you have to want it to get it!

When I ask this question many people tell me that they are not sure as it has always been there for them, smoking is their friend or that they have been smoking for so long now that it is part of their life.

Let's put these illusions to bed once and for all!

Everybody in this life wants a fair deal; most people will not enter into a deal that will disadvantage them. Here is your deal with smoking cigarettes; for whatever you get from smoking, stress relief, pleasure etc the payment is that you will die early and be exposed to some horrible diseases. I put it to you that this is not a fair deal in anybody's thinking. Then there is the thought that smoking is your friend. It's not!! Would you make friends with someone that will surely but slowly kill you? The answer is of course no, but this is the type of friend that smoking cigarettes is.



These are not nice truths and they can't be coated with sugar.

Smoking is a habit.

Smoking is not your friend and does not give you a fair deal.

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Quit Smoking Expert

Do You Want To Quit Quiz

If you are unsure about whether you want to quit or not do this quiz:

1. Can you recall times *before* you ever fell into smoking? **Yes/No**

2. Do you ever 'forget to smoke' or not think about it because you are in a non-smoking environment such as on a commercial flight or visiting someone in hospital? **Yes/No**

3. Can you envisage using other non-toxic means to meet your needs for overcoming boredom, nervousness or wanting a break? **Yes/No**

4. Do you still believe smoking's hype or do you genuinely feel you have seen through it and want to quit? **Yes/No**

5. Have you got over or almost got over the classic 'smoker's optimistic distortion'. Do you still trot out the party lines like: "I could get run over by a bus tomorrow!"
Or "my uncle Ted smoked 80 a day all his life and it never did him any harm!"
Or *have you seen through these kinds of stock rationalizations*?
Yes/No

6. Do you genuinely want to look out for and support your body?
Yes/No

7. Do you love smoking enough to potentially sacrifice your life for it?
Yes/No

8. Are the tobacco companies' profits important enough to you to generously hand over your health? **Yes/No**

9. Do you genuinely feel that having something to do with your hands is a fair exchange for your time here on Earth?
Yes/No

If you have answered YES to the first 6 questions and NO to last 3 of these questions then you are on your way to becoming a non-smoker!!!

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Mindset

By mindset, I mean get what you are thinking about right. When you decide to quit smoking, do it as soon as possible and the first step I would suggest is to change your **mind set** to thinking that **you are a non-smoker**. Before attending a session to quit smoking keep repeating to yourself that you are a permanent non-smoker. If necessary leave yourself notes. What you are doing here is starting to train the unconscious mind.

Another mindset to get into is that you will listen and accept all the suggestions that they hypnotherapist will give you 100% no questions asked. If you do not accept the suggestions or question them, then the hypnotherapy will not work as you will not go into trance. The hypnotherapist will not give you suggestions that are detrimental to you as you would not accept them and it's not good for the hypnotherapist. Let's face it if the hypnotherapist gets you to cluck like a chicken then you are not going to refer him or her.

Why Do You Smoke

In my research of why people smoke 99.9% of people smoke to fit in. Our brains are extremely primitive and still think that we live in the caveman times. If you are being chased by a sabre-toothed tiger then the chances of survival are greater if you are part of a group. The urge to fit in because of this stays with us all of our lives.

In most cases your peers, parents or both smoked. Unconsciously you feel left out so you try a cigarette. When you do the conscious mind goes, wow we are fitting in! The conscious mind then takes the habit of smoking and puts it into the unconscious mind. When doing this the thinking becomes:
By fitting in I am part of a group.
By being part of a group there is safety in numbers.

The unconscious mind then thinks by allowing you to smoke there is safety and survival. The unconscious mind gets it wrong and links smoking to survival.

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Sugar and Nicotine

I am a crop scientist by training and used to grow tobacco, in fact I was an expert in the curing of tobacco.

Did you know that about 20% of your cigarette is sugar? Pipe tobacco and cigars contains even more sugar. When you smoke a cigarette it's like sipping on a can of coke. You get a sugar hit each time which can affect your insulin production and open you up to diabetes. Even worse burnt sugar is highly carcinogenic.

The highest poison rating that you get is S7. Nicotine is an S6 poison. It is highly poisonous and it is only the fact that the heat of your body causes a change in the molecular structure that stops nicotine from killing you. If you were to inject nicotine it would kill you extremely quickly. We used to soak the cured tobacco leaves in water overnight and then spray that water on the crops the next day to kill the pests. It's very effective!

When you smoke the nicotine causes the blood vessels to constrict. This stresses your body and raises the blood pressure and opens you to stroke. It's a myth that nicotine helps with stress. It actually causes more stress as your circulatory system is constricted. Smoking does alleviate stress but it is the hand to mouth movement and the breathing that relieves stress. Smoking cigarettes is the adult equivalent of putting a dummy in your mouth! In fact if you go and get a dummy and suck on it when you are stressed you will get the same result!! The best and healthiest way that I know to alleviate stress is to breathe deeply. Do this at least 6 or 7 times and your stress levels will be reduced.

The biggest organ in your body is your skin and it is fed by millions of capillaries. When you smoke these constrict and the skin doesn't get the nourishment it needs. That's why the average smoker looks older than a non-smoker. Smoking also dehydrates the skin which does not help as well. When you become a non-smoker your skin will look different and your sense of taste and smell will return in as little as two weeks.

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Why Can't I Give Up

Most people have very good reasons to give up but even so they can't do it on their own. When I ask why most people reply that they do not have the willpower. It's got nothing to do with willpower and everything to do with you having a habit that is linked to survival. This habit is in the unconscious mind and that thinking needs to be changed. Not easy, but not impossible with willpower, drugs or needles.



Habits are hard to break and your smoking is a Habit not an addiction.

With our process we change your habit of smoking into a habit of breathing fresh air.

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Myths and Misconceptions about Hypnosis

There are many myths and misconceptions about hypnosis, most of them caused by TV and by stage shows. There are also many definitions of hypnosis. For me hypnosis is a change of state caused by focus and acceptance.

Hypnotic trance is a part and parcel of our lives. We all spend our lives going in and out of hypnotic trance; hypnosis is part of our lives. The easiest way I know to be hypnotised is to watch TV. We have all had times when we have been absorbed in our show and don't really pay attention to what's going on around us. We know things are happening and people may even talk to us but we don't respond. We are in a light trance. The only reason why the ads are put on louder with TV is that the media knows that when you are in a light trance you are more accepting! Most of us at some time in our lives travel the same route all the time; like going to work and I would bet that there have been times when you have reached your destination and didn't even know how you got there. In this situation you have been in a trance, you have been on autopilot. You are in a hypnotic trance.

All hypnosis is in fact self-hypnosis. It's about allowing you to go into trance. To do this you have to listen to the suggestions given to you by the hypnotherapist and accept these suggestions 100% no questions asked. If you question or do not accept the suggestions you will not go into trance. You are in control. The hypnotherapist **cannot** give you suggestions that are harmful to you as you will reject them. If you accept all of the suggestions 100%, no questions asked and you will be successful in going into trance.

What can be guaranteed is that you will feel relaxed when you come out of trance. How you are going to feel in trance is totally unknown by you or the hypnotherapist. It's about allowing yourself to go into trance and go with the flow. Having pre-conceived ideas of how trance will be is a waste of time and will interfere with you going into trance. The hypnotherapist is not going to put you to sleep or wipe your mind, he or she is going to give you suggestions for you to become a non-smoker.

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How to Respond

- Accept all suggestions 100% no questions asked
- Take the following two words out of your vocabulary:

  HOPE: I hope this works. This sets up for failure.

  TRY: You can't try. You either do it or you don't.
- Mindset. Have the following mindset:
  1. You are now a non-smoker
  2. You will accept all suggestions 100% no questions asked
  3. You will give the process your full focus and attention

What to Expect

About 30% of people will not think of smoking ever again after hypnosis. Another 30% will have fleeting thoughts of smoking but will not smoke. Another 30% will get tricked into smoking again but most will quit smoking if they repeat the process.

The remainder come to quit smoking but they don't want to quit. They usually come because their partner has sent them. These people will be unsuccessful and to be honest it is not worth doing hypnosis with them to quit smoking.

If you take on board the suggestions and tips that I have given you your chances and ease of becoming a non-smoker will increase dramatically. When making change in your life it's best to stack the odds in your favour and I believe what I have suggested to you here will do this.

If it's time for you to QUIT …. Why not give us a Call

IF YOU FOLLOW OUR SUGGESTIONS

YOU ARE BOUND TO BE SUCCESSFUL!!

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