

QUIT SMOKING WITH HYPNOSIS

Want to quit smoking?

Well if you do, downloading our hypnosis sessions is just a start. Research suggests that if you follow some of the advice below, it can go a long way to helping you quit. This along side our powerful hypnosis sessions will give you that edge that you are looking for.

Download a SELF hypnosis session from www.HypnosisDirect.com for just \$8.95

Try not to smoke any number or any type of cigarette.

Smoking just a few cigarettes a day can still hurt your health significantly. Therefore, if you try to smoke fewer cigarettes, but not stop completely, you will soon be smoking the same amount as before. Decide to quit and quit today entirely. Make a commitment to your long term health. Be focused in a positive frame of mind and listen to the hypnosis session.

Smoking cigarettes labelled low-tar, or low in nicotine usually does no good either. Because nicotine is such an addictive substance, if you change to the lower nicotine cigarettes you will most likely puff harder and longer to get the same. The only real safe option is to stop smoking completely.

2. Write down exactly why you want to stop smoking.

This may be for any number of reasons. For many people it is about feeling in control of your life. For others, they focus on wanting better health, setting a good example for your children, and to protect you and your family from breathing the harmful effects of smoking

Really wanting, and focussing on quitting smoking is very important as it will determine your success rate. Those smokers who have suffered a heart attack and told they must quit are the more likely to quit for good. What better motivation than surviving a heart attack what better motivation!! Our advice to you is finding a reason for stopping smoking before you have no choice!

3. Know that quitting smoking will take a lot of effort.

Smoking and taking Nicotine into your body is habit forming. Once you understand that half of the battle in stopping is knowing you need to stop, then you are well on the road to giving up. This type of knowledge will defiantly help you be more able to deal with some of the symptoms of withdrawal that will occur. These may include bad moods and irritability.

4. Nearly half of all the adult smokers who have quit stay quit. This about focus and control.

To maintain a positive control over your smoking habits, listen to the download on a regular basis. Try some of the above techniques and you will be well on the way to breaking a habit that is damaging your body. Be positive and be focused. Most of all, good luck!

5. Do not be afraid to get help if you need to.

There are many resources who offer written materials, training programs, and advice to help smokers stop for good. Do some basic research and get all the information available to arm you with knowledge. Knowledge is power and we want you to have the power to give up.

