

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 subconscious. We make decisions, think and act with our conscious mind. The subconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the subconscious mind. This is why it can be so quick and easy to change habits of a lifetime with hypnotherapy.
- **Can I be hypnotised?** Generally speaking, every normal person is "hypnotisable". That is, people with an IQ of at least 70, and no severe mental disorders.
- **How will I know if I am hypnotised?** Most people cannot tell the difference between the hypnotised and the waking states. Some people feel relaxed and lethargic, some feel a heaviness and others feel a lightness.
- **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?** Smoking is a habit controlled by the subconscious mind. Since hypnosis and NLP work directly with the subconscious, it makes sense to use hypnotherapy. We can help you make the transition into the healthy lifestyle of a happy non-smoker —

in as little as one hour !

Hypnotic Solutions



Brian Jacobs is the director of Hypnotic Solutions . He is a registered hypnotherapist, hypnotherapy trainer and licensed master practitioner of NLP.

He trained in Neuro-Linguistic Programming (NLP) with Paul McKenna (the UK's foremost hypnotist), Michael Breen and Dr. Richard Bandler (the co-creator of NLP), before training in Advanced Structured Hypnotherapy.

He is a member of the British National Register of Advanced Hypnotherapists and the General Hypnotherapy Register. He is also registered in the USA with the National Guild of Hypnotists.

Brian Jacobs has helped many hundreds of people stop smoking. Let him now help you.



Imagine how YOUR life could be as a non-smoker. Just pick up the phone and give us a call . . . and your smoking problem could be solved.

Tel: 020 8446 8061

Hypnotherapy could help you

STOP SMOKING

in as little as

ONE HOUR

If you're ready to become a non-smoker, call us . . .



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Hypnotic Solutions

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Why People Don't Stop Smoking

Most people know that by stopping they will save several thousand pounds. 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? Experience gained from the USA and the UK means that the answer is 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'll 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 !

Are You Ready to Become a Non-Smoker ?

Providing that you want to stop smoking, hypnotherapy could help you

With our unique hypnotherapy technique you could be leaving our office after just one session of about one hour with a feeling of pride and happiness — without feeling deprived, without feeling that you've made a sacrifice and without feeling any pain. **Just imagine how good your life could be as a happy non-smoker.**

When smokers try to stop with other methods they may 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 hypnotherapy in particular, is that it can remove the need and the desire to smoke without the need for 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 Unique Approach

Since the American Medical Association (AMA) approved the use of clinical hypnosis in the 1950s, and since the British Medical Association (BMA) reported their approval of hypnosis in 1953 for specific conditions (Psychoneuroses & Hypnoanaesthesia), 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 much depends upon the skill, experience, and general competence 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 science of Neuro Linguistic Programming (NLP) to help achieve greater success.

With this method, we will help you 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 should be NO unwanted weight gain or other problems associated with kicking the habit — the only side-effects are an increase in health, wealth and freedom.

More successful than nicotine patches, gum and willpower

In 1992 New Scientist magazine reported the findings of the largest ever scientific comparison of ways of breaking the smoking habit. Their conclusion — **"Hypnosis is the most effective way of giving up smoking"**. Research has shown that on average smokers are over five times more likely to break the habit with hypnosis than by willpower alone. Hypnotherapy in general is also proven to be more effective compared with nicotine patches and gum.

If you really want to stop smoking, then one session of hypnotherapy could be all you need.

Free Backup Support

We have so much confidence in our methods that we are able to offer one year's FREE backup support. This means that if you were to start smoking again within a year of your first appointment, all that you do is give us a call and we'll get you back in at no extra charge.

TESTIMONIAL

*Dear Brian,
Just to say today is the 1st year anniversary of me being a happy healthy non-smoker, and I feel great. I never in a million years thought it would be possible to escape the ciggies, but thanks to the one session I had with you on the 22nd August 2008 I am now free!*

Please use me as a testimonial — none of my friends and family can believe that after 20 years of 20 a day I no longer smoke — I even kidded everyone (including myself) that I absolutely loved smoking too !!

*Thank you, thank you, thank you.
R. Seward*

Hypnotherapy is also available at our Finchley Central office for weight loss, fears & phobias, confidence & motivation, habits and addictions and various emotional issues.
Please call 020 8446 8061 for more information.