



Richard Haggerty

Combating smoking

A HYPNOTHERAPIST in Cardiff is revealing 10 tricks to quit smoking by the end of the year with a free online course.

The articles provide tools and exercises that any smoker can use to quit smoking cold turkey without patches, gum, or pills and they are sent to your inbox.

Life coach Richard Haggerty, 34, of Canton, Cardiff, said: "Over the past decade, I have developed a quit smoking programme that uses hypnosis to make even chronic smokers smoke-free after just one session.

"Since clients typically have the same worries and concerns, I spent a considerable amount of time educating them and assisting them to prioritise the goal of stopping smoking, it makes sense to provide a course that people could use to do that for themselves. If they would like extra assistance, I am also here to provide it in one-on-one sessions."

For more information, visit www.hypnosiscardiff.co.uk