

STILL "TRYING" TO QUIT SMOKING?

What would it be like to see someone else smoking and realise that *you* have *no need, no want, no desire* for smoking? This experience could be yours.

This intensive and proven hypnosis program makes it much easier. Your chance of success increases, dramatically, because we customise the process to your needs and then add in some of the latest breakthrough techniques. This means *if you really want to give up*, you could be free from smoking, comfortably and effectively.

"Thank you for your recent letter [to follow up the single non-smoking session]. I would like to just say that I have been off the cigarettes since my visit to you [since January 2006] and I haven't looked back"
- Dave Limburn

As long as it is your decision to quit, then my *Advanced Stop Smoking Hypnotherapy Program* lets you be the non-smoker you were born to be. A large number of people are completely successful on this breakthrough course - using my intensive customised system to stop smoking. With the free state-of-the-art hypnotherapy recording you'll get, the success rate goes through the roof.

Please feel free to contact me if you have any questions that would help you put your mind at rest about the change process, I would like to hear from you.

CLIENT TESTIMONIALS

"Hi Richard, I just wanted to let you know that two weeks on the non-smoking is going great guns. All my cravings are gone, I feel so much healthier and I never want to pick up another packet of cigs! Thanks for your help." - Mark Templeton

"I am still not smoking and have had some testing times where I thought I would buckle, but to my joy I never. I still can't stand the smell of smoke and the thought of putting one into my mouth makes me want to be sick...I feel brilliant and strong. Just spent a week in Scotland with Family who smoke and to my delight didn't return to the dreaded things. I am finally over the hurdle and will never have another cig again. Thank you so much for giving me my life back. This is the best feeling I have had in a long time." - Kerry MacDonald

"I stopped smoking and feel so relaxed now. I don't want to smoke again - EVER! It really worked 100%" - Mrs Nicolai

"I am surprised at just how easy it was to quit smoking and how relaxing the session was" - Mrs Ann Miller

"I stopped smoking in one hour. It worked!" - Ifan Ramage

I was referred to Richard by

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Richard Haggerty BA (Hons)

Certified:-
Master Hypnotherapist,
NLP Master Practitioner,
NLP Trainer,

AS FEATURED IN THE SOUTH WALES ECHO, THE WESTERN MAIL & ON BBC RADIO WALES

STOP SMOKING HYPNOTHERAPY

**TELEPHONE
02920
193978**

**** WITH FREE HYPNOSIS CD****



www.StopSmokingCardiff.co.uk

PHOBIAS, FEARS & ANXIETIES

I could help you clear fears, panic attacks and allergies with hypnotherapy, EFT and NLP techniques. Clients consistently report long-term benefits from as little as 3 sessions.

WEIGHT CONTROL

Train yourself to burn off those extra pounds, increase your metabolism, break cravings and easily establish positive new habits. Learn to develop increased motivation to exercise. Sessions last approximately one hour.

STRESS MANAGEMENT

Learn to manage stress and relieve symptoms with cutting-edge techniques.

SPORTS PSYCHOLOGY

Improve your tennis game, your golf swing or any aspect of your performance with proven professional sports coaching.

TEST AND EXAM ANXIETY

Anyone suffering from anxiety that paralyses is able to benefit from hypnosis. The benefits of correct assisted mental preparation are the same as for athletes.

LEARN HYPNOSIS WITH ME

I offer one-to-one and small group hypnotherapy training and supervision in a safe, supportive and relaxed environment. You will be able to start using your new trance skills in your very first lesson!

CERTIFIED NLP PRACTITIONER TRAINING

Are you thinking of learning Neuro-Linguistic Programming (NLP) or Hypnosis? Did you know that I offer private and small group (10 or less) certified NLP Practitioner and Master Practitioner training courses? Contact me today for more information.

LIFE COACHING

I have over 12 years of experience with life coaching using Hypnosis and NLP to assist people in making changes. I can even offer you support over the telephone to achieve any goal - in the convenience of your own home or at the office.

ALL PROBLEMS CONSIDERED

Confidence, self-esteem, blushing, nail biting, interview technique, stress management, sports performance improvement and study (including exam "nerves" and driving test theory/practical).

For more information please visit:-

www.StopSmokingCardiff.co.uk



HOW CAN HYPNOSIS HELP YOU?

Hypnotherapy is a powerful way of treating a wide range of issues. It could assist you in gaining relief from fears and phobias and control weight.

It could help you gain relief from panic attacks, allergies or addictions. It could also help you to enhance existing skills and abilities, like taking strokes off your golf game or being a better public speaker. Hypnotherapy can have positive effects on a given person's mental preparation, which in turn can improve their sporting or exam performance.

The experience of hypnosis is pleasant and interesting, very different from some of the TV shows you may have seen. Clients report feeling calmer afterwards.

If there's a behaviour, a feeling, a habit or an ability you want to stop or improve, then hypnotherapy could help.

Whether you want to stop smoking or be more confident, hypnosis could help you. In my practice I use 'results count' techniques from the UK and the USA to help patients.

You have nothing to fear from hypnosis and everything to gain. You are always in control and we create a calm and comfortable setting where you can make the changes you want, at the rate that's right for you. You deserve the support to succeed now.

Call now in confidence for a free informal chat about any concerns or questions you might have. I would like to hear from you.