

From Four Packs A Day To Zero In 4 Hours!

*And he hasn't touched a cigarette
again in six years!*

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. 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. I would like to hear from you. When you attend your advanced hypnotherapy sessions, you will discover why so many people get excited and *tell their friends and family* about them.

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
.....

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

WHICH OF THESE COMMON SMOKING "TRIGGERS" DO YOU RECOGNISE?

- You have cravings you can't control
- Feeling of anxiousness at the thought of quitting smoking
- "Worrying" about how you'll cope without cigarettes
- Feeling you "won't be you" without a cigarette
- Stressful daily situations at home
- Smoking is your favourite "treat"
- You feel anxious without having a cigarette to "reward" yourself
- You can't imagine enjoying a coffee, beer, or meal without a cigarette
- Work situations and certain people
- Going out to a bar or pub, socialising
- Any stressful feeling or argument
- You've tried everything to quit smoking before - and failed every time
- You don't have any willpower, and you're scared of failing again
- You've heard how powerful hypnosis is, but need to be reassured that you can go into trance now

"I stopped smoking and feel so much happier. Since seeing you Rich, I've also rekindled a sense of childhood playfulness and ability to have fun that I thought I had lost. My overall sense of relaxation is much increased, so have my happy feelings and ability to focus. I just don't have that sense of tension in my stomach that always seemed to be there any more."
- Mel Plati, Artist, www.melaneia.com



For more information please visit:-
www.HypnosisCardiff.co.uk

Call Now on
02920 193978



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 stop smoking.

It could help you gain relief from panic attacks, habits 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.