



MONTAGUE & HESMAN HYPNOSIS
OUR GOAL IS YOUR SUCCESS

STOP SMOKING SPECIAL REPORT PRESENTED BY MONTAGUE HYPNOSIS

Congratulations on taking the next step toward becoming smoke-free!

This message is my FREE special report, “Kick the Habit; Seven Steps toward Successful Smoking Cessation.”

Hypnosis has been found to be one of the most successful methods of helping people just like you quit smoking, and I look forward to you benefiting from this article.

1.) Label it as a habit

What is a habit? It's when you automatically think about doing something. Consider the actions of most smokers: you get out of the car, you have a cup of coffee, you finish a meal... and during each of these triggers there's a cigarette in hand. It's no longer a conscious choice, it's an action of association: the same way that Dr. Pavlov could ring a bell and make his dogs salivate as if they were being fed.

How many times have you thought about doing something, and simply decided there was something better to do? Perhaps you thought about buying something, and then decided your money was better spent on

something else? Of course, that's also true of cigarettes! The behaviour is simply a thought, and it's a thought that no longer has to have power over you.

Through hypnosis, you will walk out after your first session knowing and believing that there's always something better to do than smoke.

2.) Change your words, change your mind

Our English language has two words that people use all the time, and these two words are a recipe for failure.

"I'm trying to quit smoking." "I hope I can quit smoking."

Let's start with the word TRY. This word "try" sets up the mental expectancy that you cannot do it. If I asked you to try and take a pencil out of my hand, and you reached over and took it, understand that you may have been successful in removing the pencil from my hand, but you didn't quite follow the instructions. Instead of TRYING, you JUST DID IT!

The word HOPE is just as bad. Hope is taking all personal responsibility and handing it off to the world to fix it for you. Understand that there's only one person in the world that can MAKE you quit smoking, and that's YOU. Quitting smoking is like a light switch. It's either on, or it's off. You either do it or you don't do it.

3.) Build an environment of success

Through years of working with clients to quit smoking, I have discovered there are two types of people who go through this process: the ones who tell EVERYBODY they're quitting smoking, and the ones who tell NOBODY they're quitting smoking.

We've even had clients show up and announce that even their spouse didn't know they were coming in for hypnosis sessions! Consider the subconscious message which is being expressed here: "If it doesn't work, people won't know."

First of all, we've found great success with both types of people. We're here to support you however you decide to change.

Can you guess which one found the success the easiest? The one who told everybody!

Building a supportive environment sends that message to the inner mind that you're stopping smoking for real this time and that's the end of it. What do we suggest? Tell everyone you meet. Post it on Facebook. Announce the time of your first session. Take a smartphone video of you throwing away your cigarettes. Have fun with it; you're doing something wonderful for yourself!

4.) Release self-limiting beliefs

Now that you've just now read some great advice on how to pat yourself on the back and brag of your success to your friends and family. But what if your family, friends, and coworkers are still smoking?

I've seen it all. The wife is quitting, but the husband doesn't want to stop smoking. The hotel manager is quitting, but his entire staff smokes. The corporate Vice President is quitting, but he smokes with the CEO each day. These situations are usually expressed as "It's going to be hard to do this because..."

Hypnotists help people change their minds. I like to ask the magical "What if...?" questions. What if the fact that everyone smokes around you can now become every reason you don't have to do that to yourself anymore?

We've also heard this kind of statement shared in reference to medical diagnosis, everyday anxieties, and stress. Well, what if the fact that life is occasionally stressful can now become every reason you don't have to put undue stress on your heart and lungs by polluting your body with poisons? What if this could be the easiest thing you do in a long time? Which leads to...

5.) Simplify it

What do you have to do in order to be successful with this goal? Nothing. You used to do something. Now you don't have to do it anymore.

6.) Understand it

I'll keep this step brief as I want you to spend some time online.

Search for how long it takes for the nicotine to leave your body. The answer you'll likely find? Three days. You literally pee it out. Increase your water intake, and you may be able to speed it up.

Google the words "nicotine replacement therapy" and words like "success" or "efficacy." I'm guiding you to studies about things like the nicotine patch or nicotine chewing gum or mints. I could give you the links, but it's fun to find it on your own. You'll note that many studies found success rates only as high as about 20-25%.

In the same studies, the control group received a placebo (inactive patch or gum) and found around 15-20% success. The nicotine replacement techniques were only a small fraction above something that was make-believe. The bottom line? With that technique, likely four out of five people will fail.

What does this mean? If it really were just about the nicotine, those techniques would work. Every time. But they don't. It's a habit, it's a behaviour, it's just a thought.

We help people change their mind

7.) Have the right motivation

Why do you want to do this? Did your doctor tell you to stop? Would your partner stop giving you a hard time if you quit? Do you just think it would be a good idea to quit smoking? Would it be nice to save a little extra money?

These are all good reasons, but they're not the reason that's going to make you successful. The one mindset that is going to produce the best result is if you can honestly look at those cigarettes and tell them:

"I don't like you, and I don't want you in my life anymore."

Despite what you've seen in movies or on television, hypnosis is not mind-control. It's a 100% consent state. It's a process of relaxing the mind and body into a natural ability in which the mind is more receptive to positive suggestion, insight, and releasing negative feelings.

Yes, those other reasons mentioned above are important, but you've got to do it for yourself. This is your goal, and the more you own it, the more success and ease you will experience.

I can help you make this change in your life.

Mind-Blowing Facts about Quitting Smoking

Your body may be stronger than you thought it was!

As my clients share the reasons why they want to quit smoking, very often the benefits they're seeking including feeling better, breathing easier, saving money, and many other common goals.

Most of these may seem subjective, though do you know all the benefits you might experience as you quit smoking?

A recent study published a timeline on the benefits of smoking cessation. Here are a few I found interesting:

- * In 20 minutes, your blood pressure and pulse rate will have returned to normal.
- * In 8 hours, the residual nicotine in the bloodstream is reduced more than 90%.
- * In 2 weeks, your risk of heart attack has started to drop.
- * In a month, any sinus congestion related to smoking will decrease.
- * In five years, your risk of stroke is the same as a non-smoker.

The report is interesting as it make many references to stress, anger, and other frustrations that may be expected. As one of the benefits of hypnosis is the natural stress relief of the process, we can help you reach your goals with much less discomfort.

You have two options. You could continue on the same path you've been on so long with the cigarettes, or you could take action and change your life. I'm here to help. Call Montague Hypnosis today at [\(226\) 787-4478](tel:(226)787-4478) and we'll custom-design a plan to help you become that healthy non-smoker you deserve to be.

Call Today and Be a Non Smoker!