

Quit Smoking the Easy Way

According to research published in "The New Scientist", hypnosis is by far the most effective way to stop smoking. Two out of three people who participate in our smoking cessation program are still non-smokers after a year. As hypnosis targets the subconscious level of the habit, people don't experience any tobacco cravings that are associated with other methods. Another benefit is that the program only takes a single two-hour session. A combined approach of assessing smoking habits first and then using hypnotherapy is highly effective.

How Hypnotherapy Works

Forget all the clichés about hypnotherapy like being brainwashed. It's a safe process and there is nothing to worry about. Hypnosis is a natural state of mind, and people remain in total control of themselves. Through muscle relaxation exercises, the hypnotherapist simply puts people in a deeply relaxed state. He is then able to work with them and speak to their subconscious minds.

No Cravings for Tobacco - Too Good to Be True?

Before the hypnosis part of the session starts, the therapist assesses people's smoking habits. This is called "Cognitive Behavioural Therapy" (CBT). It gives him the necessary background information to address the individual's situation. The treatment works best when people actually want to quit smoking and aren't just sent by a partner or friend. Hypnosis is clearly not magic. Therapists can only facilitate what's already there. Having said that, our service has proved so effective that over 70% of our clients come from referrals alone. It doesn't make any difference how long people have smoked or how many times they've tried to quit. When people have successfully overcome their smoking habit, they can enjoy a much healthier life and save a lot of money at the same time. As there's no 'giving up' process to endure, quitting smoking with the help of CBT-based hypnotherapy is as easy as it gets.

Look for a therapist offering a free backup session

If you're still sceptical about CBT-based hypnotherapy to quit smoking, it's a good idea to look for a therapist who offers a free backup session. It's very unlikely that you'll need it, but it may give you peace of mind.

About the author: This original article may be placed on your own web site, or included in your ezine or newsletter, provided you display the following: Richard Reid is a qualified hypnotherapist and director of London-based [Pinnacle Therapy](#). The practice consists of a team of 12 therapists offering Cognitive Behavioural Therapy (CBT), Hypnotherapy, Counselling, Psychotherapy etc.