

Put Smoking Behind You

If you have made the decision to stop smoking you may be interested in reading on.

The Advertising Standards Authority (ASA) who need hard evidence before they agree to statements, have recently agreed the following statement about the efficacy of hypnotherapy in stopping smoking.

“Research comparing many different studies of hypnotherapy has shown that on average smokers are over five times more likely to break the habit with hypnosis than by willpower alone.

Hypnotherapy in general is also proven to be more than twice as effective compared with nicotine gum. If you really want to stop smoking, then one session of hypnotherapy could be all you need.”

This statement, accepted by the ASA, quotes average figures. It follows that many hypnotherapists get even better results than these.

Smokers are physically addicted to nicotine. After four days without a cigarette they are no longer addicted – however they may have a psychological dependency. Some people are more physically addicted than others and some are more psychologically dependent than others.

It is important that the therapy is focussed on the specific needs of you - the individual, so that you get the benefits you (mistakenly) associate with smoking in some other healthier way. It may be that you need to learn alternative ways to become calm and relaxed in stressful situations. It may be that you need another ways of motivating yourself when you are bored.

Some people need help in order to feel comfortable with the thought of being a non smoker – because they have smoked for so long. If this is done, most people can stop smoking after one session of hypnotherapy, rid themselves of the burden of smoking, become more energised, healthier, and better role models for their children.