

Become a True Non-Smoker

(Not just a smoker who is courageously resisting cigarettes)



Everyone knows someone who has quit smoking but still says they'd like one with a drink, or after a meal.

It's a terrible place to be, having to deny yourself something you want all the time.

That's why I use an approach that helps you become a true non-smoker, not just someone who is resisting smoking.

The 'stopped smoker' courageously resists having a cigarette, while the non-smoker couldn't think of anything worse than smoking.

That's if they give it a thought at all.

My approach to smoking cessation hypnotherapy changes the unconscious mind of a smoker to an effortless non-smoker. The techniques I use address every single psychological trick that smoking addiction plays on you and frees you from its grip. Smoking cessation hypnosis with me will gently move your mind from its current addicted state to complete freedom from cigarettes.

No longer will you be controlled by the need to smoke...no more planning your day so you can smoke...no more running outside at work or at parties...no more worrying whether you have enough cigarettes left and no more stressing about what smoking is doing to your health.

An eBook called 'Get Ready to Quit' is available right here on my web page in the Resources Section which will help you prepare in a way that will make quitting smoking much easier than you could ever have imagined.

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