

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

This message is my FREE special report, "Kick the Habit; Seven Steps toward Becoming a Successful Non-Smoker." This message is designed to help prepare you for the best success in kicking that habit of smoking cigarettes.

Hypnosis has been found to be one of the most successful methods of helping people just like you become a non-smoker, and I look forward to you benefiting from this article. Before we begin to cover the seven steps that will help you become a successful non-smoker, let's spend a moment on the subject of hypnosis because it's quite often misunderstood by the general public.

What is Hypnosis? From movies, books, and television, there is a perception that hypnosis may involve a loss of control. You'll quickly discover that the opposite is true. Hypnosis is a process of helping you to take control of your life: your habits, behaviors, emotions, beliefs, and feelings.

Consider your mind to be the massive organic computer that it is. This is a process in which you learn how to program yourself for success. Have you ever found yourself driving somewhere, thinking about everything other than driving, and you ended up missing an exit, or suddenly you reached your destination?

The bypassing of conscious awareness is a natural example of a hypnotic moment. Watching a movie is also a hypnotic experience. You consciously know everything in it is fiction, yet we laugh and cry as if the characters were real people. We become a trance ported into the story living the lives of the characters. Consider the fact that you'd like to stop smoking, and yet there you are still smoking. Congratulations! You're already doing hypnosis. I'm just going to help you do it better.

Hypnosis is a natural state of mind which everyone has the capability of achieving. Everyone has the ability to be hypnotized. There's no such thing as someone who cannot achieve the state. You simply follow a series of easy instructions and you're in hypnosis within a few minutes. You hear and remember everything, and you're in control of your actions the entire process. Again, hypnosis is a process of helping you to take control of your life.

Now that we've spent a moment on what hypnosis is, let's begin to look at the steps that you can take to become a successful non-smoker. Making use of any of these seven steps will place you onto a greater path toward health and happiness. I'm confident that you'll find this information valuable, and please consider sharing it with any others who you know that want to become a non-smoker. So let's get to it.

1.) Label it as a habit

What is a habit? A habit is defined as “an acquired behavior pattern regularly followed until it has almost become involuntary.” 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 simply by the sound of the bell.

How many times have you thought about doing something, and then decided there was something better to do? Perhaps you thought about buying something, and then you decided your money was better spent on something else? Of course, that’s also true of cigarettes! The behavior 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. They are try and hope. “I’m trying to quit smoking.” “I hope I can quit smoking.”

Let’s start with the word TRY. The 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 grabbed it out of hand, 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. You are responsible for the actions that you take and the decisions that you make.

Becoming a non-smoker 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, 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. I’ve even had clients show up and announce that 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.”

Actually, I'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 becoming a non-smoker for real this time and that's the end of it. What do we suggest? Tell people that you know, your husband, wife, children, family members, friends. If you're so inclined, post it on social media. Take a smartphone video of you throwing away your cigarettes. Have fun with it; because you're doing something wonderful for yourself!

4.) Release self-limiting beliefs

What do you do if you're ready to become a non-smoker but your family, friends, and coworkers are still smoking?

I've seen it all. The wife is ready to become a non-smoker, but the husband continues to smoke. The hotel manager is quitting, but their entire staff smokes. The Vice President is ready to release this behavior, but he smokes with the CEO each day. These scenarios are usually expressed by my clients as "It's going to be hard to do this because..."

Hypnotists help people change their minds. Consider the magical question of "What if...?" 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 more 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 because I want you to spend some time online. Search for how long it takes for the nicotine to leave your body. The answer that you'll likely find is three days. You literally pee it out. Increase your water intake, and you may be able to speed it up even more.

If you google "nicotine replacement therapy" and words like "success" or "efficacy," you're likely to find studies about 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 the success rate only as high as 20-25%. In the same studies, the control group received a placebo (inactive patch or gum) with about 15-20% success. The

nicotine replacement techniques were only a small fraction above something that was make-believe. With that technique, it's likely that four out of five people will fail. What does this mean? If it really about the nicotine, those techniques would work: every time!

But they don't. Smoking is a habit, it's a behavior, and it's just a thought. Hypnotists help people change their mind.

7.) Have the right motivation

Why do you want to do this? Did your doctor tell you to stop? Will 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% consensual process. Hypnosis is a process where you become 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.

Everything begins with you and I can help you make this change in your life. You can contact me at (845) 750-3492 to take the next step. The entire process is customized to fit your needs. Call today for your free confidential phone consultation, and we'll design a program to help you become a non-smoker for the rest of your life.