

Close-Up Talk Radio  
Press Release for  
**Laureen Dunne**

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**Show dates:**  
**Wednesday, September 18<sup>th</sup> at 7pm EST (Doug)**  
**Wednesday, September 25<sup>th</sup> at 7pm EST (Jim)**

**FOR IMMEDIATE RELEASE**

Contact: Close-Up Talk Radio, (631) 421-8500

**Close-Up Talk Radio spotlights hypnotherapist Laureen Dunne**

**Absecon, NJ** – Mark Twain once said, “Quitting smoking is easy. I’ve done it a thousand times.” Research shows people who try to quit smoking will need between five to seven attempts before they succeed. In fact, the symptoms of withdrawal are so severe only 30 percent of smokers who try to quit can remain tobacco-free for even two days.

But if you are truly ready to be a non-smoker, studies have shown the most effective method to quit smoking once and for all is hypnotherapy. Only hypnotherapy addresses both the physical need as well as the subconscious desire behind it.

For almost 20 years, hypnotherapist Laureen Dunne has been helping thousands of clients quit smoking by using hypnosis to identify and address the fundamental causations of their habit.

“People call me out of a desire to change,” says Dunne. “It’s about finding the cause of whatever issue it is you want to work on. I just provide the format for achieving what they want to change.”

Using “non-directive hypnosis,” Dunne places a client in a state of deep relaxation and regresses the client to the childhood experience of their first cigarette. After just one 4-hour intensive session, a client will leave Dunne’s office as a non-smoker.

“The non-directive technique is so deeply personal that the impression it makes has a ripple effect and you are catapulted into motivation,” explains Dunne. “Once you understand the source you can reprogram it.”

And Dunne herself knows firsthand the power of hypnosis. Having suffered from migraines since she was a child, one day while studying for a midterm, Dunne experienced a migraine so severe she had to be hospitalized. A friend recommended the Neurological Headache Institute in Trenton, where Dunne learned to relieve her migraines by raising her body’s temperature through hypnosis.

Today, in addition to smoking cessation, Dunne offers hypnotherapy for behavior modification, stress reduction and even pain management.

“I believe every individual has the answers for what is best for them, even if they don’t know it consciously,” says Dunne. “Clients are often amazed at how instrumental they were in the solution to their problem. I merely guide them there.”

Close-Up Talk Radio will feature Laureen Dunne in an interview with Doug Llewelyn on September 18<sup>th</sup> at 7pm and with Jim Masters on September 25<sup>th</sup> at 7pm.

Listen to the show [www.blogtalkradio.com/closeuptalkradio](http://www.blogtalkradio.com/closeuptalkradio). If you have a question for our guest, call (347) 996-3389.

**Notes:**

Laureen Dunne is a board certified hypnotic anesthesiologist. She works with patients suffering from cancer, chronic back pain, migraines and dental surgery using hypnosis as anesthesia. She also offers hypnobirthing.

Dunne has also studied with “Pathwork,” an international not-for-profit institution that incorporates spirituality with psychotherapy. Dunne completed the eight year graduate curriculum and is currently on the Board of Directors of the New York Region Pathwork as the Board President.

Dunne’s first two clients were both smokers and both *doctors*.

“They were so amazed that they become non-smokers so easily when they’d tried to quit so many times. “To be quite honest, I was a little amazed myself. Even though I had my own experience with migraines, to see their success was reaffirming. It strengthened my confidence.”