

► Unique approach

Since hypnosis was approved as 100% safe by the British Medical Association in the 1950s, hundreds of thousands of people around the world have used hypnosis to make wonderful changes in all areas of their life: to stop smoking; lose weight; eradicate phobias and much, much more.

Our well-developed advanced process combines the best of traditional hypnosis with Neuro Linguistic Programming technology, achieving the most amazing permanent results in what seems like an instant. Sounds too good to be true, doesn't it? That is why we do not look for your commitment to go ahead - until you have personally experienced its effectiveness during the first part of our session together.

► How safe is hypnosis?

Our minds work on two levels - the conscious and the unconscious. We make decisions, think and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change unwanted habits of a lifetime with Advanced Hypnosis.

There are many misconceptions about hypnosis, and one of the biggest is that you can be made to do something that you don't want to do. *Wrong*. The reality is the exact opposite - hypnosis can only help you do what you want to do - like stop smoking, lose weight or get rid of negative emotions.

Most people are surprised at how easy Advanced Hypnosis is, and how they stay in complete control at all times. You will be able to hear every word, think and be in control throughout the session.

Because smoking is a habit, it is controlled by the unconscious mind. Since hypnosis and NLP work directly with the unconscious, this is the only method that makes sense! We can help you effortlessly change to the healthy lifestyle of a happy non-smoker - *it only takes one hour to quit*.

Hypnosis is a safe, relaxing and enjoyable experience.



Freephone: 0800 0 19 16 11 NOW

► Why choose us?

We have over 20 years of combined experience helping people to develop themselves. We have a fully proven (over 95% success) advanced system to **stop you smoking in just one hour**.

Our hypnotherapists use the most advanced techniques of hypnotherapy and NLP technology. They are members of the General Hypnotherapy Register of Great Britain, assuring the quality of your positive experience.

Our friendly and professional hypnotherapists are all past smokers who fully understand the difficulty in stopping and trying to control the smoking habit. This tried and tested, successful system has been carefully developed to ensure that you experience the elation of being a non-smoker. These fantastic results mean that we are able to offer **FREE back-up support**. This means that if you ever start smoking again, whether it is two weeks, three months or three years down the road, all you have to do is give us a call and we'll get you back in at **no extra charge**.

The reason we can offer **free back-up support** is because the successful systems and techniques we use have a consistently high success rate. Literally **95%** of people reported stopping smoking in one hour and many of the remaining 5% reported stopping after the free back-up session.*

*As reported in a study of 300 people interviewed by telephone after 6 months. (report available to view in our office)

**Don't just think about your health and peace of mind.
Think about your wealth as well.
Fact: A 20-a-day smoker spends over £1,700 per year and over an average lifetime will (allowing for inflation) spend around £100,000 on tobacco.
Save more than your money now. Make an appointment for the best investment you will ever make.**

Just imagine how much better, healthier, wealthier, cleaner and easier your life will be as a non-smoker, having full control of your life without any of the unwanted distractions and effects of smoking.

All you have to do is pick up the phone, make an appointment and keep that promise to yourself, from then on you can relax - your smoking problem is solved once and for all.

**Get your freedom back for good - for life - the easy way.
Why not make it the very next thing you do?**

CALL 0800 0 19 16 11 NOW

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Website: www.stopnow.org.uk

**FREE
PLEASE TAKE ONE**

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voucher inside**

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WEIGHT LOSS
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We also specialise in:

- Easy weight loss
- Phobia and fear removal
- Confidence
- Panic attacks
- Exam stress
- Addictions



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95% stop smoking in just one hour

► Imagine...

Simply imagine for a moment... How wonderful it would be to hear yourself saying "no thank you," to a cigarette "I am a non-smoker".

How good would that feel? Can you see the benefits clearly? Can you hear the surprise in your friends' and family's responses? How much better would you smell? And what about the improvement to your energy levels, your feeling of freedom and reduced concern regarding your health?

In our 20 years of combined experience, we have found that clients delayed making the decision to book the appointment with us because they wrongly believed that it would be difficult or painful. Well let us put your mind at ease...

"Thank you for helping me to become a non-smoker - I'm happy, healthy and successful."

"This service is a real lifeline, to be able to obtain freedom at last."

"The service is excellent and powerful - well worth the time and money."

"A very pleasant way to get rid of an unpleasant habit, I'm feeling more confident and sure of myself now that I don't smoke anymore."

"This is the best thing I've ever done for myself - I feel happy and free."

"I feel alive and full of energy. Excellent service, thanks."

"Thank you for the new me. A non-smoker for the rest of my life."



► We make it easy...

By using our Advanced Hypnotherapy programme, there will be no craving, no overeating, no irritability. Of course, most clients were skeptical because they had previously failed so many times by using willpower, patches, inhalers, acupuncture needles and all the other methods that just don't work - and who would blame them? When you come to see us, we actually ask you to come in with a craving for a cigarette so that we can show you how powerfully and easily we take the craving away - before you make the positive decision to go ahead, and win back full control of your life as a non-smoker.

Your consultation will last for up to two hours. It will include a full explanation of how safe and enjoyable hypnosis is. It will also include a discussion on smoking in general and your smoking habit in particular. This is so that you will understand exactly how our successful system works. Then, we let you experience the power of our system by taking your craving away. Only when you are in a fully informed position, and are confident that this will work for you, do you make the decision to go ahead. Once you have made that positive decision to go ahead, you are only one hour away from leaving our offices as an elated non-smoker - and remaining that way for the rest of your life.

Because it is 100% safe, hypnosis is now used in many, many areas, including medicine (healing and childbirth), professional sports (athletics and golf), education (learning difficulties and exam stress), all the way through to alleviating fears, phobias and negative emotions. It is *absolutely impossible* to get stuck in hypnosis. Even clients who have felt they would not be able to relax have found our session to be the most relaxed they have ever been. If you have ever day-dreamed or lost track of time (i.e. been driving and not fully remembered the journey), you can be hypnotised.

► Unconditional back-up support

Have you ever wondered why many of those other methods of giving up smoking offer no guarantees? Is it that no-one else has ever thought about it - or because they just don't work in the short, medium and long-term?

Our unique system has such a high success rate, that we are able to offer you an unconditional guarantee. Once you have read some of the hundreds of testimonials from our clients - all happy non-smokers now - you will easily understand why we are able to offer this support.

Our unconditional back-up support means that if you ever start smoking again, or even get a craving, simply call in. Whether it is two months or two years from now. We'll take care of it - free of charge. We stand by our work.

"I can't believe I've actually stopped smoking and it's been so easy - hypnosis is brilliant!"

"It's just so easy - what took me so long to do something about it?"

"I'm pleased with myself to have kicked this dirty habit."

"Now I don't have the urge, I don't have to struggle. The fight has gone - I know I will never smoke again."

"I only wish I had found out about you before."

Many more testimonials available to view in our office.

£10 off

This voucher entitles the bearer to £10 off the total cost of a South London Advanced Hypnotherapy session. Valid until 30th April 2004.

Only one voucher may be redeemed per session. Please present this voucher on the day of your appointment to claim your discount.

For office use only

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