

STOP SMOKING Hypnosis

This CD can help you to free yourself from the expensive, unhealthy and unsociable habit of smoking.

There are many ways to stop smoking and often hypnotherapy is the last port of call to stop the smoking habit for good.

And yet, hypnotherapy is one of the most successful ways to stop smoking, helping you to relax and break your associations and habits of cigarettes by dealing directly with your unconscious mind.

Some people can quit by simply using this CD and others may choose to book in with me for between one and three one hour sessions.

You can choose whichever is right for you, and I was wondering how soon will you become a natural non-smoker... now... when the time is right for you and you just do it.

Simply follow the instructions and enjoy this 'Stop Smoking' Hypnosis CD when the time is right for you, whether that time is today, right now, or tomorrow, or sometime after that, and maybe this time you're going to find it so easy to make that decision to quit and even easier to stay with that decision... And you'll just suddenly know when the time is right to do it... And you will not even try to do it before that time... And when... the time is now... you'll be a NATURAL NON-SMOKER from that very moment onwards.

In my experience the more often I listen the deeper I go and the more relaxed I become.

Johanna Lucketti is an experienced counsellor and a Master of Hypnotherapy, Time Line Therapy™ (TLT) and Neuro Linguistic Programming (NLP).

She has combined her gifts to bring to you this powerful and deeply relaxing 'Stop Smoking' Hypnosis. As she guides you through the relaxing and healing body scan and then on a journey through nature you become more and more relaxed... benefitting from the power of positive suggestion in body mind and spirit, discovering inner peace and enhanced understanding of yourself and life as you simply go with the flow... and relax... and become a natural non-smoker...

Johanna is passionate about the power of hypnosis and positive suggestion, which she believes can turn your life around helping you to connect with deep relaxation, even when the going gets tough.

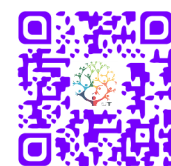
If you are about to stop smoking or know someone who is about to stop smoking, then please read on. Using a combination of positive suggestion, Timeline Therapy, Hypnosis and metaphor I have created this powerful and pleasant hypnotic visualisation with the intention of assisting you on this speedy journey of smoking cessation and improving physical health.

I will guide you through as you listen to my voice and hypnotic music, and allow that powerful mind of yours to reach your goal with ease.

You can contact Johanna at www.lucketticonsultancy.co.uk



@JohannaLucketti



Recorded by Chris Carter at Lucketti Recording Studios.
Music and artwork by Chris Carter



Search for Johanna Lucketti on
Youtube

©2015 Lucketti Consultancy

Caution: This CD features meditation and visualisation which makes it inappropriate for use while driving, cycling, operating machinery or bathing.

