

Why People Don't Stop Smoking

Most people know that they could save over a thousand dollars per year by quitting cigarettes. Most people know that they could add years to their life. And most people know that if they stop smoking right now, they could save their health—before it's too late.

So, *why* do people continue to smoke? Having worked with many thousands of smokers in both the UK and the USA, the designers of this stop smoking system have found that the answer comes down to one thing: FEAR.

- Fear that you won't be able to handle the stress
- Fear that you don't have enough will power to succeed
- Fear that you will put on weight
- Fear that you won't know what to do with your hands
- Fear that you'll have to go through an awful struggle to quit, and that you'll feel ashamed if you fail
- Fear that you'll never be completely free of the craving

All these fears are just examples of one overriding fear, the one simple reason that you haven't stopped smoking:

You fear that it's going to be too painful and too difficult!

Hypnosis Makes It Easy

"I know this has worked for me. There are so many benefits I experience every day, but the one I love most is cuddling up with my husband each night smelling like my perfume rather than smoke. This is one of the very best investments I have ever made." – Heidi Sorzano, Windsor

It's true. Our unique hypnosis technique makes it so easy that after only one session you'll leave a happy non-smoker. Instead of feeling deprived, anxious or doubtful, you will feel a huge sense of relief and elation, knowing that you have at last achieved what all smokers long to achieve: *you have become a happy, permanent non-smoker.*

When smokers try to stop with other methods, they must constantly fight the urge to smoke. Often this leads to anger, depression, self-doubt and ultimately failure. The beauty of hypnosis, especially the hypnosis technique we use, is that it eliminates this feeling of struggle by literally removing the urge and desire to smoke. You won't need useless aids, gimmicks, or substitutes. No nicotine gum or patches. No inhalers or nasal sprays. No needles or lasers. All that you have to do with hypnosis is sit back in a nice comfortable chair and relax. It doesn't get much easier than that!



Free Backup

We're so confident in our system that if we see you as a client and you start to smoke again—whether two days, two months or two years down the road—simply call us and we'll see you again *for free*. If you're among the very few who need more than one backup session, we charge only a small extra fee. We are positively committed to your success.

Most Quit In One Session!

The unique effectiveness of our system begins with determining your readiness to quit. Do you truly want to quit smoking? Do you believe you can? Are you willing to make a final decision to be a non-smoker? If you answer yes to these questions, we know that you are very likely to succeed in just one hypnosis session. In case you don't, your free backup session virtually assures success.

Our Unique Approach

Since the British Medical Association (BMA) and the American Medical Association (AMA) approved the use of clinical hypnosis in the 1950s, thousands of people have found hypnosis to be an effective way to stop smoking, lose weight and otherwise improve their lives. Of course, there are varying degrees of success with hypnosis, because much depends upon the experience and skill of the individual hypnotherapist, as well as the techniques that he or she uses.

The beauty of our unique approach is that we combine the best of traditional hypnotherapy techniques with the new science of Neuro-Linguistic Programming (NLP), which takes hypnosis to an even greater level of effectiveness.

"I thought I was terminally addicted. I had one of your sessions and now I'm a non-smoker. Thank you so much!" – Andrew Wheeler, Longmont

One reason it's so easy to stop smoking with our method is that we assist your unconscious mind to transfer the unhealthy urge to smoke to a healthier habit of your choice (e.g. exercise, drinking more water). This is why, with our method, there is no unwanted weight gain or other problems associated with kicking the habit. The only common side effect is an increase in health, self-esteem and freedom.

Nothing to Fear Everything to Gain

Hypnosis is possibly as old as mankind. The old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today, the use of hypnosis is seen in a variety of fields including: medicine, dentistry, law enforcement, professional sports and education.

Most people have a limited understanding of the positive results that can be achieved in a professionally controlled hypnosis session. We would like to dispel some of the myths and answer the most frequently asked questions about hypnosis.

How does hypnosis work? 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 habits of a lifetime with hypnosis.

Will hypnosis work for me? Generally speaking, every normal person—meaning anyone with an IQ above 70 and no serious mental disorder—is “hypnotizable.” Therefore, virtually anyone can achieve successful results using hypnosis.

How will I know if I am hypnotized? Most people can't tell the difference between the hypnotized and the waking states. Some people feel relaxed and lethargic, others feel a lightness. One thing that people do notice is an inexplicable change in their behavior afterwards.

Is hypnosis safe? Hypnosis is completely safe. You are aware and in control at every moment and can terminate the session at any time. Hypnosis is not sleep. You can't get “stuck” in a state of hypnosis, nor can you be made to do anything against your will. Hypnosis is a safe, relaxing, and enjoyable experience.

How does hypnosis help me to kick the smoking habit? Because smoking is a habit, it is controlled by the unconscious mind. Since hypnosis works directly with the unconscious, this is the one approach that goes straight to the source of the problem! We can help you to transition effortlessly into the healthy, happy lifestyle of a non-smoker. In most cases, it takes only one session to quit.



Deborah Lindemann, CHT, is a certified clinical hypnotherapist with over 14 years experience in hypnosis. She is a graduate of the L & P School of Professional Hypnotherapy and is trained in a broad variety of therapeutic modalities. Along with smoking cessation, she also specializes in weight loss, stress relief and other health and wellness issues. She is a member of Smoke Free International, the American Board of Hypnotherapy, the International Hypnosis Federation and the Time Line Therapy Association.

Michael Lindemann is a certified hypnotist specializing in smoking cessation. He holds a degree in psychology from Antioch University, trained in psychotherapy and counseling at Stanford University and the Psychosynthesis Institute of San Francisco and is a member of Smoke Free International and the International Hypnosis Federation.

Lindemann Professional Group is affiliated with a nationwide network of hypnotherapists trained in a proven system that enables clients to become smoke-free in just one session. This system has already worked for thousands of clients both in the U.K. and the United States. Deborah and Michael Lindemann are absolutely committed to helping you become a non-smoker once and for all.

Hypnosis makes it easy. Let us make it easy for you. Simply pick up the phone, make an appointment, and keep that appointment. From that moment on, your smoking problem is solved!

Call (970) 494-1185
www.LPGMindworks.com

STOP SMOKING IN ONE SESSION WITH HYPNOSIS



**Why Wait Another Minute?
Hypnosis Makes it Easy!**

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Professional Group**

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