

FAR MORE

than Hypnosis AudioCassettes or CDs

Do you think that recorded Hypnosis just would NOT work for you? You may be right!! For habit change of any kind -- hypnotic or otherwise -- to work, it takes your INVOLVEMENT in the process ... NOT just passive listening. That is the very reason for our Detailed, Personalized Workbook that accompanies these Hypnosis Audiocassette Tapes!

It is the very reason why we say:

NOW YOU can Change Successfully! using our Hypnosis + Workbook Program!!

- Are you looking for a way to make changes in your life, to improve your health? Then, **this Hypnosis Program is for you!**
- Have you tried a LOT of programs ... only to have your interest fade short of COMPLETE SUCCESS? Then, **this Hypnosis Program is for you!**
- Are you tired of false starts? Disappointment at failure? Dispirited "giving up"? Then, **this Hypnosis Program is for you!**

Life Change Program to Stop Smoking

Now YOU can use Hypnosis to

- Put nicotine behind you, once and for all!
- Stop smoking and improve your health!
- Stop smoking and build your self-esteem!
- Learn how to relax and enjoy your day, smoke-free!
- Be successful as you choose NOT to smoke!!

Hypnosis is a natural state -- an alteration of your normal waking conscious state. It is a state of relaxed attention. While in hypnosis, your mind is alert and aware, while you are in a physically relaxed state. In this state, your subconscious mind accepts direction ... and proceeds to create it in your life! With hypnosis, SUCCESS can now be yours ... starting TODAY ... for the rest of your life.

Hypnosis has worked for millions of people before you -- in a whole variety of situations (You can learn more about Hypnosis by clicking on the "Need More General Information" link below). Hypnosis can work for you to help you stop smoking FOR GOOD, too!

Do you have limited time? Then **this Hypnosis Program is for you!** You can use these programs for just 30 minutes a day -- both for the hypnosis induction and for the workbook reinforcements! By using just 3% of your day for only three months, you can be enjoying the life you have always wanted. Aren't the changes that you have wanted in your life worth it?

The hypnosis audiotapes contained in our Life Change Program(s) provide you with **CONSISTENT direction** -- the exact element that your subconscious mind uses to create change! This consistent DIRECTION leads you to **consistent, repetitive ACTION**. Hypnosis also helps you to **build the motivation to succeed** in your

life. It can help you to expand your perseverance -- to stick to it! -- until the change is complete!

How does it do this? Quite simply, by using the creative power that is already present in your subconscious mind -- using that power FOR you, to create the habits you WANT to have in your life! Often, we work against ourselves, "I wish I could ..., but I know I can't ..." or "I've always been (fill in)" as though you could not ever be different!

Your subconscious mind functions to create whatever you think and believe. So, if you think you can't change, you can't. If, on the other hand, you are willing to think that you CAN change, your subconscious mind **can CREATE it so!**

Using an hypnosis program on audiocassette tapes to create change, allows you to reinforce FREQUENTLY -- giving your subconscious mind consistent direction. You control how fast you want to change -- by your diligence in using the program, the number of times each day you listen to the taped hypnosis induction.