

www.hypnosisworks.org.uk

change your mind & change your life



▶ WANT TO GIVE UP SMOKING FOREVER?
TRIED AND FAILED?
NEED HELP?



▶ HOW MUCH IS SMOKING COSTING YOU?
IN TERMS OF:
HEALTH
MONEY
LIFE



▶ TAKE ACTION NOW
EVERY CIGARETTE IS ONE TOO MANY

Lunchtime Seminar

Stop Smoking now!

AS OF THE 26TH OF MARCH 2006 THERE IS NO POINT CONVINCING YOURSELF YOU'RE A SOCIAL SMOKER. **NOW IS THE TIME TO GIVE UP!**

Come along and see how techniques such as Hypnosis, NLP and EFT can help you quit the habit. Don't you owe it to yourself?

I've known many smokers who have said they find it difficult to give up because of "social pressures". Every time they have a drink in the pub — they light up!

Well guess what?

You can't use that old excuse anymore because the clock is ticking away. It's "time gentlemen, please!" on smoking in public places.

So where's left? At Work?

At home? In front of the kids?



Now is the time to give up and in conjunction with your employers, I'd like to help you.

Just come along to one of the lunchtime meetings and I'll introduce you to some techniques that will help you with your cravings.

If you're a heavy smoker or have had the habit for many years, then I can chat with you about trying the Quit Kit - a combination of hypnotherapy, NLP, and self help processes that will give you a great chance of quitting for good.



People do succeed in giving up the weed.

But it's down to **you** to take action.

After all, it's **your Life**. . . .

This seminar is sponsored by

Hypnosisworks and is open to every employee who smokes.

Next Meeting at this location is:

Seminars conducted by:



Brian McGowan

B.A. Hyp, Gen Th, Dip. Sports Psych, Dip NLP, CPMET

Brian is a licensed Practitioner of Clinical Hypnosis & NLP

Member of British Academy of Hypnosis

Member of S.F.T.R

Member of International Society of Sport Psychology (ISSP)

Member of the Association of Meridian Therapies