



Stop Smoking – Start Afresh. From 121hypnosis.com.

For best results listen with headphones in a quiet environment.

Do not listen to whilst driving or operating machinery.

Running Time: 50 Minutes

The Stop Smoking, Start Afresh Hypnotic Mind-Power CD is like no other - a combination of cutting-edge techniques and expertise designed to boost your motivation and confidence about starting afresh. Unleash your mind's natural resources for behaviour-change!

Will Williams is an expert in smoking cessation and the subconscious mind. Well studied in psychology, neuroscience, and hypnosis, Will also undertook NHS training as a Stop Smoking Specialist. He has worked successfully with hundreds of hospital inpatients, as well as private clients at his hypnotherapy practice in Exeter. This CD was written and produced to share the best of that knowledge and hypnotic expertise.

The first section (tracks 1-6) describes the compelling truth of the nicotine trap - how it works and why it was so easy to fall into. Learn how alcohol, food, stress and boredom are used to keep you addicted. Discover the overlooked and motivating benefits of being free of nicotine.

The second section (track 7) is a hypnotic programming session, guiding you into a relaxed state. Simply let the words wash over you, designed to program your mind towards a motivated, confident state of certainty. This track also utilises natural brainwave frequencies (binaural beats) which are audible and very relaxing. Further details are enclosed.

Why do I need information?

Re-educating the subconscious mind is a key factor in gaining control over your automatic thoughts and behaviours. The tobacco industry goes to great lengths to protect smokers from learning the truth about their product - they know that ignorance and curiosity leads to addiction and £billions of profit. As you probably already know, statistics, risks and shocks aren't influential enough to get addicted smokers to stop, instead they are used to mis-direct attention from the more crucial secrets about what nicotine really is and how the various elements of the smoking trap really work. You can listen to the information tracks (1-6) whenever you need a motivational boost or reminder.

What is hypnosis?

Hypnosis is simply a concentration of conscious awareness, so that your deeper, subconscious mind can become open to learning and absorbing new, powerful ideas and directions. It is a natural learning state that you experience in different ways everyday. As your attention wanders within the landscape of relaxing sounds, your subconscious can absorb and respond to the layers of hypnotic programming. Good positive suggestions are given to help you change your automatic thoughts, behaviours and feelings around smoking.

What are Binaural Beats?

The brain operates at different frequencies, ranging from Beta (16-24Hz, alert) to Delta (1.5-4Hz, deep dreamless sleep). Theta rhythm (5-8Hz) provides relaxed, meditative and learning states. Binaural Beats present soft pulses matched to these relaxing rhythms, which add another layer of relaxation to the experience, so you can easily absorb information and suggestions designed to motivate your subconscious to start afresh. To gain the best use of the hypnotic patterns and binaural beats, listen to the CD or MP3s with headphones in a quiet environment.

If you like what you hear – please tell your friends about 121hypnosis.com!

Thank you