

LIVING HOPE CLINIC

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ELEVEN STEPS TO BECOMING A NON – SMOKER

Our comprehensive non - smoker program includes behavior modification and a set of hypnosis programs. One session of hypnosis is not usually effective. Therefore, we are sending you the outline of our program. You will experience each hypnotic session in order. They are designed to motivate and to disconnect all of the associations you have with smoking while providing powerful suggestions for stopping. Behavior modification procedures will also be utilized.

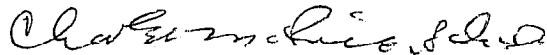
You will probably stop smoking before the end of the series. When that happens, the program will end.

If you find the program interesting, please contact our office for your first, initial assessment, session.

This is the non – smoker program.

1. Stop Smoking Motivation
2. How You are Being Brainwashed
3. The Parasite and the Host
4. An Abusive Relationship
5. When Smoking Starts to Squeeze
6. Breaking the Chains that Bind
7. Living Under a Dictatorship
8. Freedom from Fear
9. Living Free
10. Avoiding Weight Gain
11. The Whole Story

Sincerely,



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