

You are receiving this eZine because you have communicated with me, have a professional or collegial relationship or contacted me from my website. I hope that the subjects that are addressed, prove helpful in your life.

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development	<h1 style="margin: 0;">DR JANET HALL</h1> <p style="margin: 0;">CLINICAL PSYCHOLOGIST &amp; HYPNOTHERAPIST</p>	
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Dr Janet Hall's sites:

Dr Janet Hall's newsletter



### How to be Smoke-FREE Permanently



Janine wrote to me recently with a desperate appeal to help her father stop smoking.



*Help Dr Jan. My Dad is 53 and he has been smoking since he was 15. He has high blood pressure and his father died of a stroke at 56. He's tried the patches and chewing gum but says nothing has helped him so far. Could you hypnotise him to help him stop smoking?*



I explained to Janine that a smoker needs every trick in the book to quit (and stay quit!). Hypnosis is THE KEY. Hypnosis helps the conscious and unconscious mind because the brain secures a significant advantage when POSITIVE GAIN is promised and achieved - compared to when something has to be 'given up'.

The smoker has been addicted to everything about smoking - often for most of their adult life. Smoking is a 'precious friend' to the smoker. They don't want to give it up. To the smoker, giving up smoking is to lose something special. Giving up is painful. Giving up is torture.

So the challenge is to replace it with something even more desirable. The smoker must see that there is nothing good in smoking that is being given up but in fact, they are GETTING and GIVING themselves a fabulous gift - a long and healthy life!!!!  
Being Smoke-FREE Permanently, gives the smoker ten extra years of life!

The main thing is to convince the smoker that to continue to smoke now is short-term gain only. Eventually there will be a massive cost in long-term pain - the pain of an agonizing and early death, the waste of a lifetime, burning up money that can buy you other things you want and breaking the hearts of the people who love you.

If you smoke - choose the Dr Janet Hall Hyp-NO-Smokes Program NOW to be Smoke-FREE Permanently... easily.

Dr Janet Hall

### Three Special Offers for Readers of this Newsletter:

**1. Buy the CD Stop Smoking with Hypnosis (\$47.55) and get any other Dr Jan CD FREE. (Save \$47.55)**

(Please specify the free CD you would like to receive when you go through the checkout process.)

[ORDER NOW](#)

**2. Book for Dr Jan's 3 Session Hyp-NO-Smokes Program NOW.  
Special Price - \$175 per session**

NB. If you have extras benefits with your health fund you may get a rebate of approximately \$50 per session! Please consult your fund.  
Telephone: 03 9429 1677 for an appointment.

**3. If you don't smoke, give a smoker who you know, the support to stop-smoking NOW.**

Help them to be willing to commit to the Dr Janet Hall Hyp-NO-Smokes Program NOW. Pre-pay 3 sessions of hypnosis NOW and give it to them as YOUR gift of a longer life. The Dr Janet Hall Hyp-NO-Smokes Program can help anyone stop-smoking and be Smoke-FREE Permanently... easily.

**[BUY 3-SESSION VOUCHER](#)**

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