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## Do You Want To Stop Smoking? *Self-Hypnosis May Be Your Answer*

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The attitude regarding smoking has changed dramatically over the last few years. Studies indicate that five times as many smokers than nonsmokers contract lung cancer or emphysema and that heart attacks are more prevalent in smokers than nonsmokers. This is just the tip of the iceberg when discussing the physical effects of smoking on the body. Smokers seem to be either foolhardy or ignorant of the facts.

Laws have been passed, with more coming, to ban smoking in public buildings. Department stores are posting no smoking signs to protect the health of their customers and employees. People no longer view the smoker as a rugged, attractive he-man or as a glamorous babe, but as an insensitive person who thoughtlessly expose others to smoke blown from their lungs.

If you are serious about taking control of your life and decide to become a nonsmoker here are some tips to help:

Make a commitment to never smoke another cigarette and set a date. I have found that you should allow from three to ten days. This gives you an opportunity to get used to the fact that you are serious and taking control of the situation. Tell your friends, family, co-workers that they will never see you smoking again after (insert



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date). Use these exact words because every time you repeat this phrase you reinforce the idea in your mind that you mean what you say. There are many methods used to help you prepare to become a nonsmoker. I will discuss two methods.

1. First, I recommend you show this method to a qualified doctor and get approval before starting since this smoking saturation must be continued until you develop an intense aversion to it. Smoke twice as many cigarettes as you usually smoke. It is important to smoke when you do not want to and it is important to smoke every cigarette you light. When your date arrives you are ready for it.

2. Again make the commitment and set a date. Each day purchase a brand of cigarettes you do not like. Remove cigarettes from the pack and break them up

and throw them away. This becomes your allotted cigarettes for that day. The number you remove depends of the length of time you have allowed yourself to make the change. This continues for the time you have chosen. When your day arrives, you should be ready for "0". Drink lots of water and take long deep breaths, as you would when inhaling, to supply the badly need oxygen throughout the body.

In conjunction with the above-mentioned steps there are other techniques and aids which should be used to assist you with your quest, i.e., learning self-hypnosis, using hypnosis tapes containing positive and posthypnotic suggestions. Listen to the tape at least twice each day to reinforce the original session. If you feel you need additional personal assistance, just contact the hypnotist for an appointment.

Chose a hypnotist as you would choose a physician. Ask questions regarding hours of training, organization certifying, documented success rate for the presenting problem.

If you are one who coughs and says, "No one can stop me from smoking," make sure you investigate self-hypnosis for pain relief. It will help you when the body has "had enough." If you think self-hypnosis can "stop" you, forget it. If you are serious, you can do it by using self-hypnosis.