

Quit smoking!

Overview

Yes, you can do it.

Take the 7-day challenge.

Alternatively, consider *hypnotherapy*.

Evidence shows hypnosis is far and away the most effective technique of all for stopping smoking and quitting for good – as summarised in *New Scientist* in 2010 (Lynn, Green, Accardi, & Cleere). Especially when it is carried out with an element of counselling. That is the therapy part of the word *hypnotherapy*, and why Richard talks about *hypnotherapy* for stopping smoking and not just hypnosis to quit.

Take away a seven-step guide to quitting and, more importantly, the commitment to quit.

Learning objectives

During the session you will have the opportunity to:

- Explore why we find it difficult to quit
- Learn the seven key steps that can help you quit on your own
- Discover why some people prefer *hypnotherapy*

Who should attend?

Smokers everywhere!

Format

A bite-sized session for up to 15 people.

The expert trainer

Richard is a scientist by background – he worked originally in oil and coal exploration, and on research into the indoor environment, for which his work was recognised internationally – and this explains his clear thinking and emphasis on evidence-based pragmatic solutions to individuals' issues now that specialises in the science of happiness and fulfillment.

In 2012 he gained his PhD in esoteric studies with his dissertation on a new understanding and model of happiness – the Physics of Happiness. This model gives a powerful and ecological foundation for his approach to helping people change their behaviour, achieve their goals, and heal the symptoms of disease.

He is a stimulating and thought-provoking speaker, hypnotherapist, NLP coach and trainer. As well as working with individual clients, he has many years' experience of running workshops for client organisations (particularly the NHS).

Richard is a Master and Accredited Trainer in NLP, a Master and Accredited Trainer in Time Line Therapy, past supervisor for the London College of Clinical Hypnosis, a qualified Life Coach and founding chairman of the Harpenden Professional Development group for mind-therapy practitioners and students. He is also an Annual Visiting Lecturer on 'Mind and Environment' on the MSc course on Intelligent Buildings at Reading University.