

trancesolutions

about smoke free

If you are thinking of quitting smoking, you are not alone

Most of us know people who simply quit smoking, friends who decided to stop, threw away their cigarette pack and have never started again. The chances are that you've tried this method and it didn't work for you and this is one of the reasons you have enquired about Smoke Free.

Many of the smokers we work with have tried various ways of quitting their habit including –

- ▶ Cold Turkey
- ▶ Nicotine Patches
- ▶ Nicotine Gum
- ▶ Acupuncture
- ▶ Zyban
- ▶ Cutting Down
- ▶ Group Therapies

and the list goes on...

Nicotine dependency : Perhaps you wake each morning craving a cigarette. This is due to nicotine dependency, as the level of the drug in your bloodstream has dropped while you were sleeping.

Habitual dependency : Are you one of the many smokers who gets into the car and lights a cigarette before driving off? All smokers have habitual dependencies, smoking when they have a cup of coffee or talk on the phone.

Psychological dependency : Many smokers have a cigarette when they are stressed, perhaps lonely or bored. We are psychologically dependent when we use cigarettes to change our mood or as a coping mechanism to deal with unpleasant emotions.

Smoke Free helps you overcome all three dependencies making it the most effective method for you to quit smoking permanently.

Smoke Free is a 7-day program which prepares you to quit and defines your smoking patterns. Tasks are used to change behaviours and habits. These together with self-hypnosis audio-tapes or CD's put you in control of your smoking habit as you choose a quit day and permanently stop smoking. The kit can also be used in conjunction with a visit

to the Clinic on your chosen Quit Day. For more details on Hypnosis and its effectiveness in quitting smoking, download our Quit For Health brochure.

The Smoke Free and the Quit For Health program are a way out of the smoking habit. **You can be a person who used to smoke.**

The cost of the "Smoke Free®" is just \$69.95 or \$195 including an individual Quit Smoking session at our New Farm Clinic. For most smokers, this is the cost of just 2 weeks smoking. To obtain Smoke Free, phone Trancesolutions on 07 3254 1373 and quit smoking permanently in just 7 days.

Alternatively, order Smoke Free now through our secure online server : www.trancesolutions.com



What others say about Smoke Free :

Melissa: Dear Antoine,

I purchased your excellent program Smoke Free about four weeks ago. I am proud to inform you that neither myself or my husband had had a cigarette since and have experienced no cravings. I am so happy about this because I know now I will not be dying of some smoking related illness! I will be highly recommending you not only to my friends who are smokers, but also my friends who have problems with their weight.

Thankfully
Melissa

Brad: Hi Antoine,

Just wanted to provide some feedback on the Smoke Free CDs that I purchased from you recently. Both my wife & I have tried and failed to quit on a number of occasions... until we used your CD's and book to help us to quit, we are now into our third week and can't believe how easy it has been.

We have recommended your website to many of our friends and work colleagues who have also had trouble quitting.

I have also sent a new order for "Enjoying Life" to hopefully deal with our busy lifestyle.

Once again I would like to thank you for helping us to quit smoking.

Regards
Brad

Donna: Hi Antoine, How are you?

Just a short note to let you know that I'm going well with the "no smoking". Nearly 4 months now (feels like a lot longer). Made it through stress with the kids and the odd party... haven't been tempted, it actually does get easier!!!

Lots of new clothes in the wardrobe - and have even started at the gym. THANK YOU! I'll keep you posted.

Donna

Gillian: Dear Antoine,

Thank you - I feel fabulous and today is my 8th day without a cigarette, so that is brilliant.

I was raving to everyone I know for a couple of days after that WICKED trance I had, I mean really, who needs artificial highs!!

Cheers and I'll keep you up to date on things.

Gillian

Roberta: Dear Glen,

I would like to thank you for your wonderful hypnotherapy. I have not had any tobacco since last seeing you and I have no desire - so, many thanks for that!! I still from time to time listen to your CD which is very relaxing and keep my mind on track.

Roberta