

## Nothing to Fear Your Life to Gain

**How does this system work?** 50% of why this system works so well is because of Advanced Hypnosis. The old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today the use of hypnosis is seen in medicine, dentistry, law enforcement, professional sports, and education.

The other 50% of this system is working with your individual needs. It uses NLP, destroying myths, and getting rid of habits just to name a few.

**How does hypnosis work?** Our minds work on two levels - the conscious and the unconscious. We make decisions, think, and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change habits of a lifetime with hypnosis.

**Will This System work for me?** Everyone with an Average IQ can be successful in using this system. And since the session is custom tailored to your individual needs, it works for almost anyone.

**How will I know if the system works?** Because you will have quit cigarettes and will feel great being a non-smoker. Many people never even experience withdrawal symptoms after the session. In fact some feel as if they have never smoked cigarettes.

**Is this system safe?** This system is based mostly on advanced hypnosis and NLP. And both of these systems are completely safe. You are aware and in control at every moment and can terminate the session at any time. You cannot get stuck in hypnosis. You can't be made to do something against your will! Hypnosis is a safe, relaxing, and enjoyable experience.

**How does this system help me to quit cigarettes?** Because your reasons for smoking cigarettes are different from other people's reasons. The areas you need help in are different to your friends. And since we custom tailor the session to you and address your specific needs, you become a non-smoker with ease.

**How long does it take?** The quit process takes 60 minutes but please allow 2 hours for a full session.



Susan Ormsby is an avid student of life and enjoys helping people improve their lives and be happier and healthier for it.

She is part of a network of leading specialists using the most effective process available today to quit cigarettes in just 60 minutes. This is a proven system that has worked for thousands of clients.

Susan has experience with a wide range of systems and she is absolutely committed to helping you become a non-smoker now and backs it up with a lifetime guarantee.

*Let us make it easy for you to Quit.  
All you have to do is pick up the  
phone, make an appointment, and  
keep that appointment. From that  
moment on, your cigarette  
problem is solved!*

**1300 947 299**

[www.SydneyQuitCigarettes.com.au](http://www.SydneyQuitCigarettes.com.au)

## Quit Cigarettes In 60 Minutes!



**This System Makes it Easy!**

**1300 947 299**

**Sydney**

## Why Don't People Quit Cigarettes?

Everyone knows cigarettes are not good for them. Everyone knows they spend too much money on cigarettes.

So, why do people continue to smoke? And better yet, why is it so hard for so many people to quit cigarettes? 70% of smokers want to quit. But they don't. Why?

Because we are all different.

- Some people do not want to put on weight
- Some people do not want to go through the withdrawal symptoms.
- Some people do not think they have the will power to quit cigarettes
- Some people smoke to relieve stress and relax
- Some people are addicted to cigarettes

The biggest reason of all - Because smoking cigarettes is not actually under your control.

How many cigarettes a day do you actually enjoy? If you are like most, maybe 4-5. All the others you smoke almost unconsciously. Smoking cigarettes is usually done by your unconscious mind.

It is like driving. When you first learned how to drive you had to consciously think about it. But what do you do now when you drive? You go down the road, eating your lunch, talking on your phone, and playing with the stereo. You drive unconsciously.

When you first started to smoke you did it consciously. But now it is something your unconscious mind does automatically.

So unless you deal with the individual reasons unique to each person, you will not have any luck in quitting cigarettes long term.

## This System Makes Quitting Cigarettes Easy

## Have You Tried To Quit Cigarettes Before?

### Why didn't it work?

- Did you not want to deal with the withdrawal symptoms?
- Did you start gaining weight?
- Did you just start smoking cigarettes for no real reason?
- Did you have just one? And it turned into more?
- Did you get tricked into it?
- Or some other reason?

The beauty of this system is that it deals with all the reasons that are unique to you.

It even goes one step further. This system is pro-active in removing a lot of the common reasons people fail, before they even happen.

For example, with this system we help find and create new habits so you don't gain any weight from eating more when you quit cigarettes.

Or we help remove the withdrawal symptoms from the addictive aspects of cigarettes.

## 8 Out Of 10 People Quit In One Session

Which is an 80% success rate!

## Can Everyone Quit In One Session?

No – not always.

The ideal client for a quitting in one session is one who is committed to quitting, has tried to quit many times before and usually smokes less than 1 pack per day.

I have found that sometimes a more gradual approach is required for certain clients. Some find the thought of quitting in one session quite stressful. Others who are very heavy smokers may find it easier to cut down and then quit over a number of sessions. So I offer 3 different programs that will prepare you for a final quit session.

## What Is Involved?

You will call up the number on this brochure and book your reservation.

You will show up for your session and fill out some paperwork.

You will meet with your quit cigarettes specialist and begin your session which will consist of:

- some background information about you and your habit
- Talking with you about your specific reasons and excuses about why you are not quitting
- Talking about the system and how it works
- Doing the system which will include advanced hypnosis, NLP, reframing, and other systems.
- Giving you support materials to help insure you remain a non-smoker for life.

You go home a non-smoker for life.

## What It Is Not

- No pain
- No major life changes
- No chemicals
- No dangerous drugs
- No patches or pills
- No needles