

## Stop Smoking

A Stop Smoking session will take around 1 hour. It involves treating both the situation and emotional triggers while you are in a very relaxed state.

Clinical Hypnosis can also help with a number of other conditions such as weight control/healthy eating, dealing with phobias, stress, pain management, confidence, driving test, exams, skin conditions, interviews.

Bookings can be made by telephoning Karen on 0141 620 3890 or 07742 275 898 or why not email [karenwsmith@googlemail.com](mailto:karenwsmith@googlemail.com)

### Frequently Asked Questions

Are there any side effects?

Yes, you sleep better and feel more confident about everything.

Am I in control?

Yes. You will hear everything that is being said, be aware of everything and only will take on board what you want to.

Can everybody be hypnotised?

Yes, but only if you want to be. Nobody can ever be hypnotised against their will.

How does it feel?

It is a different experience for everybody but is always very relaxing.

How long does it take?

One session of one hour and you leave as someone who no longer smokes.

Practitioner Details: Karen W. Smith  
D.Hyp, PDCHyp, MBSCH - Full Member

Personal Development Coach  
Inspirational Speaker  
Reiki Master/Teacher