

## Squash Smoking-Hypnotherapy For Breaking Bad Habits With Smoking Series

Presenting your hypnotherapy series for success, enlightenment and breaking bad habits with smoking.

There is no danger in hypnotherapy but it is able to help you build many aspects of your life. Hypnotherapy can also help you become more mentally aware and has been shown to have healing aspects.

We ask you to do nothing else while listening to our series as you should be relaxed and focused.

Listen to this series often to get the repeat benefits of the message and to bring about the positive results.

Be kind to yourself and allow yourself to take the time to relax and go through the series to create your own success.

Welcome to .... Squash Smoking-Hypnotherapy For Breaking Bad Habits With Smoking Series

Get ready to just make yourself comfortable and shut your eyes now... let your hands lie loosely in your lap... or at your side if that's easier... just be comfortable and relax your entire body as much as you are able to... now I want you to take a deep breath and hold it for a minute before exhaling slowly... just letting your whole body relax as you do ... and I want you to keep your eyes shut now and just keep listening restfully to the sound of my voice... and as you're listening to the sound of my voice, I want you to center for a moment on your breathing... breathing slowly and steady and evenly... and as you exhale each time, just letting your whole body relax more and more... so that you gradually find yourself feeling like your whole body was settling further and further into the chair with each breath you breathe...

and just the thought of breathing and unwinding makes you feel as though you're sinking down... 5 Sinking deeper.... 4... and each breath makes you feel more at ease.... 3 .... and with every breath you feel yourself going deeper and deeper... more relaxed.... 2.... down once more..... breathing softly... Releasing.... and 1.... Completely relaxed.....

I wish you to think now that you've a cigarette in your hand. Watch the smoke curling up and getting into your nose...it smells horrific, like burning waste. Watch the smoke curling up from the tobacco and feel it going in your eyes. It bites your nose and it burns and smarts in your eyes. It smells rancid and lousy. It smells just dreadful... foul and dirty.

Now put the tobacco aside; you put it down in the ashtray and you walk off...away from that filthy, awful, evil smelling smoke... glad to be free of that filthy tobacco. From now

on you'll be totally free of any want for even a single puff of tobacco in any form. If you think of smoking you'll recall that dirty atrocious smell and that dirty taste. And you'll be totally free of the want for even a single puff of tobacco from now on.

You'll stay at ease and calm. You'll feel supremely surefooted that anything you set your mind to do, you are able to and will do. You'll be successful and you'll savor being successful. You'll find it really simple to stay totally away from tobacco from now on. Because you'll be at ease and your mouth will be at ease, you've no need or want to smoke even a single puff ever again.

Nightly you'll sleep like a log, and the first thing you know it will be break of day and you'll wake up feeling on top of the world. The longer you remain away from tobacco, the easier it will be and the better you feel each day. Whenever you practice this exercise you'll go just as deep as you are now. By practicing this faithfully daily you'll have the strength to stay away from, and you will stay away from, even the slimmest inclination for a single puff.

As you ready yourself to come back to your conscious aware state, remember to bring back a reminder, something to bring you back to place where you can gather the strength that is greater than any of your fears.

And now return to your conscious self within your special place and be grateful for and completely aware of your deep rooted sense of squashing smoking.

As you breath deeply it's time to return as we go from 1 to 5 , Number 1 you are slowly coming back to your awareness, 2 feeling alive and rested and deeply strong, 3 returning with amplified self assurance, and ability to follow through, 4 feeling the essence of being in your body that is empowered and dedicated as well as self approving, paying attention to the sounds and light in the room, and 5, when you are completely ready open your eyes and return to the room knowing all the while that life is to be savored and lived.

You have just taken steps to bring your own success, to boost your self confidence and to become free of bad habits with smoking.... To do what is necessary to be strong, confident and tobacco free. Listen to this series often to tap into your new found freedom.