

Why People Don't Stop Smoking

Most smokers know that they could add years to their life by quitting. Most know that their health would start to improve immediately if they quit. Most smokers say they would gladly be rid of the inconvenience associated with smoking. And most smokers know that they could save a thousand dollars or more per year by quitting.

So, why do people continue to smoke? Having worked directly with hundreds of smokers, we have found that the answer comes down to one thing: FEAR.

- Fear that you won't be able to handle the stress
- Fear that you don't have enough will-power to succeed
- Fear that you will put on weight
- Fear that you won't know what to do with your hands
- Fear that you'll have to go through an awful struggle to quit, and that you'll feel ashamed if you fail
- Fear that you'll never be completely free of the craving

All of these fears are just examples of one overriding fear, the one simple reason that you haven't stopped smoking:

You fear that it's going to be too painful
and too difficult!

Hypnosis Makes It Easy

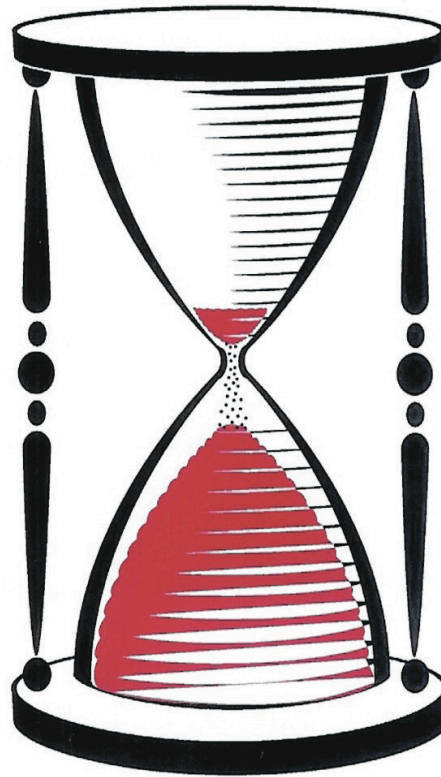
"I know this has worked for me. There are so many benefits I experience every day, but the one I love most is cuddling up with my husband each night smelling like my perfume rather than smoke. This is one of the very best investments I have ever made." – Heidi Sorzano, Windsor, CO

It's true. Our unique hypnosis technique makes it so easy that after only one session you'll leave a happy non-smoker. Instead of feeling deprived, anxious or doubtful, you will feel a huge sense of relief and elation, knowing that you have at last achieved what all smokers really want: You have become a happy, permanent non-smoker!

"I thought I was terminally addicted. I had one of your sessions and now I'm a non-smoker, something I had not previously thought possible." – Andrew Wheeler, Longmont

When smokers try to stop with other methods, they must constantly fight the urge to smoke. Often this leads to anger, depression, self-doubt and ultimately failure. The beauty of hypnosis, especially the hypnosis technique we use, is that it eliminates this feeling of struggle by literally removing the urge and desire to smoke. You won't need useless aids, gimmicks, or substitutes. No nicotine gum or patches. No inhalers or nasal sprays. No prescription medicines. All that you have to do with hypnosis is sit back in a nice comfortable chair and relax. It doesn't get much easier than that!

Why Wait Another Minute?



Free Backup

We're so confident in our system that we make you this promise in writing: If we see you as a stop-smoking client and you start to smoke again – whether two days, two months or two years down the road – simply call us and we'll see you again for FREE. If you're among the very few who need more than one backup session, we charge only a small extra fee. We are positively committed to your success.

90% Quit In One Session!

The fact is, no other approach to smoking cessation comes close to our level of success. The reason is simple. While most methods treat only the nicotine component of smoking, hypnosis goes to the heart of the problem: the unconscious habit of smoking that you have built up over many years. Because hypnosis is a means of talking directly to your unconscious mind, hypnosis has the power to literally "unplug" your smoking habit, almost like flipping a switch. As a result, many clients tell us that they feel as though they were *never smokers*!

"I smoked 4 to 5 packs of cigarettes a day. I tried everything to quit: patches, gum, you name it, and nothing worked. When my friend suggested hypnosis, I thought it was B.S. I'm amazed! After my session with Deborah Lindemann, I never wanted another cigarette. It's as though I never smoked." – Rodney Bastin, Menasha, WI

Our Unique Approach

Since the American Medical Association (AMA) approved the use of clinical hypnosis in the 1950s, thousands of people have found hypnosis to be an effective way to stop smoking, lose weight and otherwise improve their lives. Of course, there are varying degrees of success with hypnosis, because much depends upon the experience and skill of the individual hypnotherapist, as well as the techniques that he or she uses.

Our unique approach begins with determining your readiness to quit. Do you truly want to quit smoking? Do you believe you can? Are you willing to make a final decision to be a non-smoker? If you answer yes to these questions, we know that you are very likely to succeed in just one hypnosis session. And in case you don't, your free backup session virtually assures success.

Our method combines the best of traditional hypnotherapy techniques with the more recent science of Neuro-Linguistic Programming (NLP), which takes hypnosis to an even greater level of effectiveness.

Another reason it's so easy to quit with our method is that we assist your unconscious mind to transfer the unhealthy urge to smoke to a healthier habit of your choice (e.g. exercise, drinking more water). This is why, with our method, there is no unwanted weight gain or other problems associated with kicking the habit. The only common side effect is an increase in health, self-esteem and personal freedom.

Nothing to Fear Everything to Gain

In one form or another, hypnosis has been practiced for thousands of years. During the past century, old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today, the use of hypnosis is seen in a variety of fields including medicine, dentistry, law enforcement, professional sports and education.

Most people have a limited understanding of the positive results that can be achieved in a professionally controlled hypnosis session. We would like to dispel some of the myths and answer the most frequently asked questions about hypnosis.

How does hypnosis work? Our minds work on two levels, the conscious and the unconscious. We make rational decisions and take deliberate actions with our conscious mind. The unconscious mind controls our habits or “programmed” behaviors. 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 lifelong habits with hypnosis.

Will hypnosis work for me? Generally speaking, every person with normal intelligence (IQ above 80) and no serious mental disorder is “hypnotizable.” Therefore, almost anyone can achieve success with hypnosis.

How will I know if I am hypnotized? Most people can't tell the difference between the hypnotized and the waking states. The most commonly reported feeling is deep relaxation. One thing that people do notice is an inexplicable change in their behavior afterwards.

Is hypnosis safe? Hypnosis is completely safe. You are aware and in control at every moment and can terminate the session at any time. Hypnosis is not sleep. You can't get “stuck” in a state of hypnosis, nor can you be made to do anything against your will. Hypnosis is a safe, relaxing, and enjoyable experience.

How does hypnosis help me to kick the smoking habit? Because smoking is a habit, it is controlled by the unconscious mind. Since hypnosis works directly with the unconscious, this is the one approach that goes straight to the source of the problem! We can help you to transition effortlessly into the healthy, happy lifestyle of a non-smoker. In most cases, it takes only one session to quit.



Deborah Lindemann, CHT is a board certified clinical hypnotherapist with over 17 years experience in hypnosis. She is a graduate of the L & P School of Professional Hypnotherapy and is trained in a wide variety of therapeutic modalities including Gestalt, Time Line Therapy, Cellular Healing Therapy and Behavior Modification. Along with smoking cessation, she also specializes in weight loss, stress reduction, eliminating fears and phobias, and other health and wellness issues. She is a member of the American Board of Hypnotherapy, the International Hypnosis Federation and the Time Line Therapy Association.

Lindemann Professional Group, LLC is affiliated with a nationwide network of hypnotherapists trained in a proven system that enables clients to become smoke-free in just one session. This system has worked for thousands of clients throughout the U.S. Deborah Lindemann has helped hundreds of smokers quit, and she is absolutely committed to helping you become a non-smoker once and for all.

Our unique method works on all types of tobacco use, including chewing. Let us make it easy for you to quit. Simply pick up the phone, make an appointment, and keep that appointment. From that moment on, your problem is solved!

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STOP SMOKING IN ONE SESSION!



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