



11/02/2013

Battle of the Bulge - Beverley hypnotherapist winning the war on weight

For millions of people worldwide, finding an effective weight loss programme is nothing short of frustrating.

Diets, fasting, high-protein, low-carb, calorie counting and January purges all rank high on the list of failed methods for shifting a pound or ten.

Now, it seems, alternative therapy may have the answer.

Beverley-based therapist Sheila Granger – who specialises in gastric-band hypnosis - can claim to have helped almost 3,000 people shed 61,000lbs between them – the equivalent of more than two of the tanks pictured here.

Sheila administers the therapy herself at her Molescroft surgery and has personally helped clients lose more than 2,000lbs. But she is also one of the world's foremost gastric-band hypnotherapy trainers, passing on her techniques to hundreds of people from across the globe.

Now, after commissioning a survey of only 60 of the 700 people she has trained, Sheila has revealed the results which show the staggering success of her work.

Shelia said: "I give the people wanting to lose weight the right mindset to be able to do it. Losing weight is ultimately simple, but applying the basic rules which we are all well aware of is the challenge.

"It's quite something when you take stock of what has been achieved in the last few years, I never really had a plan for this to become as big as it has but things have really taken off and I am pleased I have been able to help so many people.

"When you see just how much weight people have lost it is staggering – I really feel like I am winning the war on weight."

Results show total aggregate weight loss is 59,315 lbs (26,905kg or 4,236st) – which works out at an average of 21lbs per client.

Adding Shelia's 2,000 lbs weight loss from 2012, the overall total comes to 61,315lbs lost almost 30 tonnes. And the Abbott Self Propelled Gun (SPG) Sheila is pictured with weights 16 tonnes.

Along with the obvious benefits of the weight loss, the survey has revealed numerous other health benefits being experienced by the clients.



People have recorded reduced blood pressure and blood sugar levels, an increase in confidence, self-esteem, happiness, more enjoyment of exercise, stress reduction,

loss of anxiety, sleep improvement, increased mobility, a loss of depression and in several cases, an increased libido.

Sheila said: "This is the reason I do what I do, the satisfaction from helping people making a lifestyle change which improves their health and makes them happier is wonderful.

"I really get a kick out of helping people and the more I start to try to quantify what I have been doing the more I see the results are tangible.

"I wish all the people who have benefitted from what I try to do, both directly and indirectly, the very best for the future. The difficult part is losing weight, the really hard part is keeping it off."

Sheila has reached out worldwide and trained more than 700 people globally, taking on clients in the USA, Canada and even as far away as Australia.

Through the virtual gastric band programme Shelia has helped many people to shed weight. Pocklington lorry driver Peter Smith - who tipped the scales at 21 stone - had serious health risks until Shelia helped turn his life around.

He said: "Thanks to Shelia I lost nine stone and now lead a healthier life."

ENDS

LINKS

www.sheilagranger.com

www.bsch.org.uk

Media Contact: Please do not hesitate to contact Sheila's press team at Mercury. Please call 01482 782287 or email simon.taylor@mercury-marketing.co.uk or adam.lovell@mercury-marketing.co.uk for further information.

www.mercury-marketing.co.uk



Lifestyle Engineer to give the gift of commitment and dedication this New Year

Five lucky people from across the region are being given the chance of a much needed helping hand to see through their New Year's resolutions.

Lifestyle Engineer Sheila Granger is giving away five hypnotherapy sessions – worth more than £3,000 in total – to five deserving people to match the top five New Year's resolutions.

It is being launched today to coincide with World Hypnotism Day, an international celebration of the growing field of clinical hypnosis, which is now recognised across the world for its tangible assistance to health and wellbeing.

The Top 5 New Year's resolutions are to cut down on alcohol intake, stop smoking, lose weight, de-stress and learn something new.

In the last five years Sheila Granger has helped more than 700 people from across the world shed more than 32 tonnes of excess weight, she has helped more than 100 people stop smoking and has trained more than 50 people to be hypnotherapists.

Her services include the world-renowned gastric-band hypnosis sessions to help people lose weight, a smoking cessation service which has clinical backing, a course to help people drink less alcohol, one tailored for people who want to de-stress and another, which matches the fifth most popular New Year's resolution, which has been created specifically to give people the commitment and dedication to learn something new.

Sheila said: "With the New Year comes the same commitments that people make, drink less, quit smoking, lose weight, learn something new or cut down on stress – they are the top five New Years' resolutions year in and year out.

"A lot of people succeed but few for longer than a couple of weeks. Generally around 25 per cent give up trying after less than a week, and that drops to well above half by the time the month is out.

"My services give people the understanding to make lifestyle changes which are permanent. There are, and can be no quick fixes but with the right frame of mind, people can make the changes which give them a healthier and happier life. There is no tomfoolery, this is a very serious and life-changing technique which makes positive differences to thousands of people across the world."



Sheila has made the pledge to give away a free session of each Lifestyle Programme to five people in total in a bid to celebrate the New Year.

She has asked that people contact her to nominate themselves by telling her what they have done to help someone else through 2013. People can also nominate a friend or relative who they think needs some help and is deserving of the free session.

“I was thinking about what to do to mark the New Year, and I got thinking about my own resolution, and if I was going to make one. I decided that I would be more philanthropic in 2014, to give more back to the community and to charities,” she said.

“And I thought to start the year I would give away these sessions to help people stick to their own resolutions and would thus be sticking to mine throughout the five programmes. However, rather than just picking someone at random I figured it would be nice to give something to someone who is deserving.

“I will be taking entries and then will sit with friends and colleagues to decide who to give the free sessions to – there must be lots of people out there who are too consumed helping other people that they often neglect themselves.”

To be in with a chance of being given a free session, email think@sheilagranger.com with no more than 100 words as to why you deserve the help.

ENDS

Media Contact: Please do not hesitate to contact Sheila’s press team at Mercury. Please call 01482 782287 or email simon.taylor@mercury-marketing.co.uk for further information.

LINKS

www.sheilagranger.com

www.bsche.org.uk

www.mercury-marketing.co.uk



Free hypnotherapy session to shed the festive fat

It's not uncommon to overindulge at Christmas, in fact it's almost par for the course for most people.

But now, thanks to a Beverley-based hypnotherapist, people are being given the chance to get help to start the New Year diet with greater conviction.

Sheila Granger will hold an online hypnosis session on January 4 to mark World Hypnosis Day, giving away some secrets behind her success.

Sheila, who used to work as a fraud investigator for the Department of Work and Pensions (DWP) said: "Everyone over indulges, that is not a shocking revelation by any stretch of the imagination.

"And people always begin the New Year with great expectations and extreme commitment to making a positive change in their life. The problem is this usually lasts until the middle of January and things start to slip back to how they once were.

"The hypnotherapy I offer helps people the correct mindset for losing weight and keeping it off."

The 30-minute long session will take place from 7pm, and will see Sheila offer hints and tips for losing weight and making sure people can continue to stay slim and trim.

The statistics seem to back up what Sheila says.

Since starting the therapy sessions almost four years ago, Sheila has helped hundreds of people shed more than 2,000lbs between.

Lorry driver Peter Smith, 42, decided to give Sheila's hypnosis a go when he tipped the scales at 21st.

After unsuccessfully trying to lose weight on various diets, he was determined to find a way to slim down and lead a healthier lifestyle.

Peter heard about the virtual gastric band, which helps people to cut down on their portion sizes and lose weight through hypnosis.

After four sessions with East Yorkshire hypnotherapist Sheila Granger, he has dropped from 21st 1lb to 12st 4lb since March.



Sheila said: "Peter's story was quite typical. He was determined to lose weight and would be in control for short periods of time but would then slip back into his old habits.

"It's difficult to concentrate on something like weight loss with the busy lives people lead nowadays. Work gets in the way, family life can take over and social occasions always put people back.

"I help people gain the right mental capacity to see through their commitment and really make a difference.

"It's nothing to be scared of, there isn't some secret other than I give people the mental strength to make positive changes which make them healthier and happier."

Sheila has trained more than 700 other people globally and has recently branched out from treating people in her native East Yorkshire to taking on clients in the USA, Canada and even as far away as Australia.

Call 01482 863659 to get your New Year off to a flying start.

(ENDS)

LINKS: www.sheilagranger.com

www.bsch.org.uk/

Issued: June 11th, 2015



World-renowned hypnotherapist helps GCSE students maximise their potential during exams

An East Yorkshire-based professional clinical hypnotherapist with a global reputation has been busy working with GCSE students to help prepare them for their exams at a Hull secondary school due to close this year.

Sheila Granger – who is rapidly developing an international reputation for her Educational Performance programmes – has been working closely with students at Endeavour High School in recent months and, according to teachers at the school, the initiative is paying real dividends with students better prepared than ever before.

Headteacher Mr Edgell is determined to ensure the school, which is set to close on August 31 this year, goes out on a real high and that outgoing students sitting their GCSEs this summer have been given every possible opportunity to achieve their maximum potential.

The announcement of the school's closure came in Autumn 2014 after an academy sponsor couldn't be found for the school due to "low current and projected pupil numbers". However, the news certainly hasn't stood in the way of the school's executive board, which has gone above and beyond to provide students with the support they need in order to prepare thoroughly for their exams.

"I have absolutely no doubt that the work Sheila and her team have done with some of our students has had a positive influence on them in time for their exams, said Mr Edgell, who has been headteacher at the school since December 2011. "We want the school to go out on a high this year, but ultimately we want our students to achieve the very best results that they can individually.

"The work we have been doing with Sheila has been about combining the pastoral side of things with our academic objectives to ensure students are in the best frame



of mind when they sit their exams and that any barriers to them performing at their best have been removed.

“If you have a student who is worried and you bring someone in who can help them by arming them with new strategies and coping mechanisms, they feel valued that someone has taken note of their concerns and is doing something with them. When you get a critical mass of students being looked after in this way, it’s much more likely everyone will perform better across the board.”

Mr Edgell is a firm believer that two students can go into an exam with exactly the same amount of knowledge and skills, but there are many external factors which can affect their individual performance.

“We have tried to be fairly unique in our approach to creating the right environment for students sitting exams. Unlike many schools, we allocate students the same seat for every exam so that where they are going to be sitting is one less worry on their mind. We make sure breakfast is available for them every morning when they arrive and chilled water is available throughout the exams to keep them well hydrated.

“We brought Sheila in to work with students who we identified that would benefit from additional strategies for preparing for their exams, adopting a positive mindset and believing that they can do it when it comes to achieving their potential.

“We have worked with our students to help them structure their revision carefully and Sheila’s work has dovetailed nicely into that in terms of giving them a positive outlook and creative ways of preparing for exams, such as setting aside one hour a day when they can worry but during the rest of the day putting any negative thoughts out of their minds for example. I am in no doubt whatsoever that this work has had a significant impact on the students who have worked with Sheila.”

Sheila Granger delivers professional hypnotherapy training and lifestyle engineering programmes as far afield as Australia and America. Her multi-disciplinary approach to changing people’s way of thinking has helped hundreds of people to re-engineer their habits, thoughts, behaviour and lifestyle.



But there's no place quite like home and Sheila says it's been an honour to work with students on her doorstep, in her hometown of Hull.

"With exam season well and truly upon us, the pressure on students gain considerable momentum at this time of year," she said. "I have been delighted to work with Endeavour High School in the run up to this important time of year and it's been a real pleasure to work with the students there.

"What's interesting is that, we all have expectations placed on us, either by ourselves or by others, and it's these expectations that can cause us the greatest stress. Students with low expectations who believe they are going to fail, find it difficult to think positively – which ultimately impacts their performance.

"In much a similar way, top performing students have to contend with the weight of increased expectations and sometimes the pressure to deliver can set them up for a fall. For teachers, there is already a vast emphasis on the delivery of pastoral care and teachers have the added role of coaching individuals through the exam experience, as well as preparing them academically.

"It's not unusual for schools and colleges to incorporate alternative methods of dealing with student issues such as exam preparation. Many schools have even gone one step further to alleviate the pressure on teachers by creating permanent therapist positions, hiring counsellors and holding mindfulness and meditation lessons, where they work with psychiatrists and therapists on a more regular basis."

(ENDS)

Media contact: For more information, please contact Kelly Taylor or Rachael Dean at Mercury on (01482) 782287 or email kelly.taylor@mercury-marketing.co.uk



Media release

Date: 28th November 2011

Woman loses seven stone thanks to Virtual Gastric Band

A pioneering hypnotherapy programme has helped one North Yorkshire woman lose a whopping seven stone and drop five dress sizes in 18 months.

Sonia Kelly of Selby is now 19 stone instead of 26 stone, and a size 22/24 instead of 30/32 with a positive outlook and a determination to reach her target goal of 13 stone.

She is a mere shadow of herself thanks to East Riding based, leading hypnotherapist, Sheila Granger, who introduced an innovative new weight-loss programme called the Virtual Gastric Band to the UK last year.

Sonia's success story illustrates the amazing results that can be achieved through this non-surgical technique. It uses hypnosis to retrain you to be satisfied with smaller amounts of food and changes your attitude towards it giving safe, predictable results.

In fact, life is just beginning for Sonia, a professional carer, who recently turned 40. Before she underwent the Virtual Gastric Band hypnotherapy Sonia admits she was eating extreme amounts of food.

"I love food, but chocolate was my big weakness. On a good day I'd eat two bars a day, but on a bad day I'd eat four or five bars. But Sheila put me off it. I don't touch it now; just the thought of it turns me.

"I used to drink two litres a day of Coke, but now I can take it or leave it, whereas before I had to have it. I was always thinking at breakfast about what I'd have for



dinner and I had to have continual snacks in between. Now I have three meals a day and smaller portions and I eat more fruit and vegetables.”

When she went to Sheila in May 2010, Sonia had tried numerous diets but none had worked and if she lost weight she would pile it back on. She initially lost up to two stone in the first two months and regularly returns for a ‘top up’ session with Sheila who tailors the programme to suit the individual’s needs.

Now Sonia is enjoying shopping for clothes, something she has not been able to do for years.

“I feel more confident and positive and have a new lease of life. I’m starting to find things easier to do. Before if I had to put on a pair of shoes and fasten the laces I’d

find it very difficult to bend down, but now I can do it and it’s not a problem. I feel more comfortable and now occasionally go biking and swimming.”

Sonia added: “I’m proud and I’m pleased with the weight I’ve lost so far thanks to Sheila and the Virtual Gastric Band technique. I want to lose another six stone and for it to come off quickly, but I know it is achievable.”

Sheila runs a hypnotherapy surgery in East Yorkshire, where she provides a number of pioneering hypnotherapy programmes. She is one of the UK’s leading hypnotherapists, and has trained practitioners all over the world, including the UK, USA, Canada and Australia. By the end of 2011, she will have trained over 500 practitioners in five countries.

Sheila recently introduced an innovative new weight-loss programme called the Gastric Band to the UK last year, which achieved a fanfare of publicity, along with



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worldwide media attention.

Ends

Caption: Sonia Kelly, who lost seven stones in less than a year after trying the Virtual Gastric Band.

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Press Release: hypnotherapist's pledge to raise £5,000 through the power of the mind

A Beverley hypnotherapist has travelled the world teaching people about the power of the mind and now Sheila Granger is raising money for Dove House Hospice by hosting interactive workshops with groups and associations, demonstrating strategies to help people help themselves. The pledge aims to raise £5,000 within 90 days.

Appealing to groups in Hull and East Yorkshire, Sheila will host the event for a fee of £75, all of which will be donated to Dove House Hospice. Sheila says:

"As a hypnotherapist, I often get asked about the science behind my work. This workshop will inform people how to harness the power of their subconscious to better themselves as individuals and make the most of life."

"I know how powerful hypnotherapy can be in treating a variety of bad habits and ailments. I like to demonstrate the science behind hypnotherapy, to show that there is nothing magical or mystical involved, instead by using my techniques, a person be released from negative behaviours that are holding them back, getting the freedom to live life to the full."

"I am appealing to any groups and associations, sports and social clubs or business networkers to come along and learn about this and make money for a great cause. The workshop itself will be informative and great fun. All proceeds from the workshops will be donated to Dove House Hospice which is a wonderful local charity that provides care for our loved ones locally."

Katy Wood, fundraising coordinator at Dove House Hospice says:

"Dove House Hospice has a yearly running cost of £6.1million and receives funding for the equivalent of just 45 days per year. Funding for the remaining 320 days is raised through the support of the local community and appeals like this one. We are very grateful to Sheila for making this pledge. We work with a variety of local businesses to raise money for the hospice. This appeal is very exciting as it can also show local groups how, through the power of the mind, they can enhance their lives



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by getting out of bad habits and negative thought patterns and I for one am very interested to see how it turns out.”

Groups interested in Sheila Granger’s Power of the Mind workshops are asked to contact Sheila by email at sheila@sheilagranger.com

Ends.



Engineering confidence at leading Hull School

Students and teachers at Malet Lambert School are benefiting from an innovative approach to preparing for final examinations with the help of an internationally acclaimed lifestyle engineer.

The award-winning school, recently the beneficiary of £25m redevelopment, has teamed up with Beverley-based Sheila Granger whose programme is designed to help students and their teachers prepare for exams by using relaxation and concentration methods.

Sheila, who has helped thousands of people worldwide to shed more than 75,000lbs in weight through her virtual gastric band programme, was asked to talk to the school's year 11 pupils last year as they prepared to take their GCSE examinations.

Linked to other teaching methods that have helped to position Malet Lambert as one of the city's leading secondary schools, her work has paid dividends to such an extent that teaching staff have once again called on her expertise for those approaching the 2013 exam period. Last year, the school recorded its best ever GCSE results with 99 per cent of the students receiving five A* to C grades.

Now, the school hopes Sheila's work will once again have a positive impact. For many students, the exam period means facing their fears of failure and the prospect of not being able to retain weeks' worth of revision.

Stephen Logan, Business Champion at Malet Lambert School, said: "For many students, it isn't just the anxiety or nerves at the time of the exam, but very often they worry for weeks and months ahead.

"Sheila's relaxation and focusing methods, have helped our students to better understand how to prepare for an exam by learning new techniques.

"Her helping students to overcome their anxiety, grow in confidence and feel comfortable about exam conditions has added real value to our students and teaching staff."



Sheila, who runs her thriving hypnotherapy practice from The Beverley and Molescroft Surgery, has worked with the students to help them develop simple coping strategies that they can utilise to reduce their anxiety levels and perform at their very best.

She said: "I am delighted that the hypnotherapy classes are working with the students and teachers at Malet Lambert. This isn't magic, or trickery, but simple, concentration techniques which allow an individual to take control of their emotional state and remain focused and confident whilst being challenged.

"It is common for pupils to latch onto their weakness rather than their talents and strengths, as they can become easily discouraged by negative criticism. My job is to help re-engineer this thinking.

"My aim is to give the students simple coping strategies that they can utilise to reduce their anxiety levels and perform at their very best. All of this can lead to much better academic performance and far greater emotional well-being for the student."

Sheila's next session at the school is on 23 April 2013.

(ENDS)

For more information about Sheila's work, visit www.sheilagranger.com

MEDIA CONTACT: For more information, interviews, filming or photo opportunities, please call Mercury on (01482) 782287.



PRESS RELEASE: Couple Lose Big to Realtor turned Hypnotherapist.

A Grand Rapids couple have dropped 105lbs through the power of the mind. Montie and Paula Annis have undergone weight loss hypnotherapy with realtor turned hypnotist, Eric Webster. Now the pair are enjoying life to the full with the new found freedom that comes with being lighter and healthier.

Eric says: "I have worked in real estate for 25 years but I've always had a keen interest in the massive psychological and physical benefits that can be achieved through the power of the mind. During my research I came across Sheila Granger from the UK who has so far helped people around the world to lose a total 100,000lbs. I completed her hypnotherapy training in Chicago last year and now I am blown away by the results I am getting with all of my clients, particularly Montie and Paula, who are both continuing to do so well."

"I am so excited about hypnotherapy as a career and the impact the 'Virtual Gastric Band' is having on my clients' lives that I have invited Sheila over from the United Kingdom to run two workshops to help people in Grand Rapids get into hypnotherapy too. We are holding two free workshops: 'Become a hypnotherapist' and 'Lose weight with the Virtual Gastric Band', on 4 and 5 April at VENUE NAME.

Montie Annis has seen first-hand the amazing changes a person can make to their lives through the power of the mind. He started with the "Sheila Granger Virtual Gastric Band" therapy in May 2013 and impressed with the shedding pounds, his wife Paula began the hypnotherapy 2 months later.

Montie says: "Both Paula and I are thrilled with the results we have had from the Virtual Gastric Band programme. It makes the subconscious believe the stomach is the size of a golf ball. I feel full after eating less food and even though I don't have to cut out all of the foods that I love, simply by recognising when I am full up, I have been able to cut my weight down considerably."

"The facts remain that obesity is a killer, if I had carried on eating as I did before, maybe my health would have been seriously affected. There are some side effects



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but they are all positive - I have so much more energy, enjoy exercise and because I look better I feel great too."

Paula says:

"Hypnotherapy was something I was keen to try but didn't know how great it could be for weight loss. After attempting every diet in the book, we found Eric and I am pleased to say the results are so good I've had to change my entire wardrobe as my old clothes don't fit me anymore."

To register for the free event, please visit Sheila Granger's website
www.sheilagranger.com

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Weight loss is all in the mind

Hypnotist [enter name here] would like to invite local people struggling to lose and maintain their weight to take part in a trial to for a hypnotic weight-loss system which incorporates the Virtual Gastric Band, developed by UK clinical hypnotherapist Sheila Granger.

Following training in Essex, [hypnotist name] will trial the procedure in the clinic at [address].

The treatments are delivered in four weekly sessions and the participant believes that they have undergone bariatric surgery in the first session to reduce the stomach to the size of a golf ball. This is followed by three further sessions which deal with the psychological triggers that allow a person to overeat. Feedback shows that the hypnotherapy is like 'flicking a switch in the brain', turning off cravings and eating only until satisfied. The Virtual Gastric Band has received much attention in the UK, attracting people from all over the country to undergo the treatments which have a 95% success rate*.

[name of hypnotist] says: "I am very excited at the prospect of being able to help my clients to lose weight in this way. There is nothing magical or mystical about hypnotherapy, instead it is a method that enables a person to help themselves."

Sheila Granger says: "I am passionate about promoting the benefits of hypnotherapy and allaying the misconceptions associated with stage hypnosis. I believe that the 'Virtual Gastric Band' can revolutionise weight-loss around the world. I know this because I have proven its effectiveness in two trials conducted in the UK."



Ends

* Results based on 2 UK trials. The first trial saw 24 out of 25 candidates lose an astounding 190lb in 5 weeks. This result attracted the attention of a General Practitioner in Beverley, East Yorkshire England and a second trial was conducted with 12 of his patients who had been removed from the bariatric surgery waiting list on the UK's National Health Services (NHS) list. Again 95% of the group experienced a positive result.

Sheila is the only hypnotherapist in the world to conduct a trial for weight loss via hypnotherapy.

Obesity costs the NHS £4.3Billion per year and there are a number of

treatments already available via the NHS – none of which deal specifically with the psychological triggers that cause a person to gain weight. The Virtual Gastric Band does, the benefits have been proven and now people worldwide are taking hypnotherapy seriously.

For more information this press release please contact [name of hypnotist or PR].



Stoptober

Just one week to go until the nation's smokers get a chance to start their 28-day joint quit attempt.

The thinking behind this campaign is that if someone stops for 28 days they are more likely to remain smoke free.

International hypnotherapist Sheila Granger has helped many people become smoke free and is keen to get people off to a good start in developing a better lifestyle and becoming smoke free, and hopes to influence the minds of those wanting to quit with a few hints and tips to how they can change how they think about cigarettes and in turn become smoke free forever..

Smoking is not a case of willpower, as many smokers have tried in the past to quit but the cravings and associations formed, make it a constant battle. Many ex smokers report that stopping was relatively easy, it's the staying stopped that's hard. Changing how somebody thinks can make it a far easier battle to win by altering the perception of smoking and breaking that psychological addiction.

The following tips can influence your mind with clear signals that smoking is negative, smoke free is positive.

1. Right down all the reasons you want to quit in your own words, and read the list you make many times a day.
2. Control your thoughts.

What goes on in a smokers head is key to staying stopped, so mental changes are also key to that long term success.



To a smoker cigarettes are associated with relaxation, taking a break, taking time out; it is associated with something positive.

People will say 'its time to go out for a smoke'. Smoking equals relaxation in the smokers mind. From now on remove the word 'Smoke' from your vocabulary.

Instead of saying its time for a smoke change it to "its time to go and increase my chances of getting cancer" or its time to go out and poison myself again" therefore associating it with a negative in stead of a positive.

Enjoy breaking theses associations; make a point of finding any associations and destroying them with negatives.

When you start talking and thinking like this, you create a different set of associations.

Habits are borne out of repetition, so you can easily install new habits by that same repetition.

3. VISUALISE,

Take a few minutes to sit somewhere quietly, close your eyes and focus just on your breathing for a few moments, then see yourself in your minds eye smoke free. See yourself in situations you would have previously smoked, acting just like a non smoker.

And finally, enjoy your smoke free life!

Ends