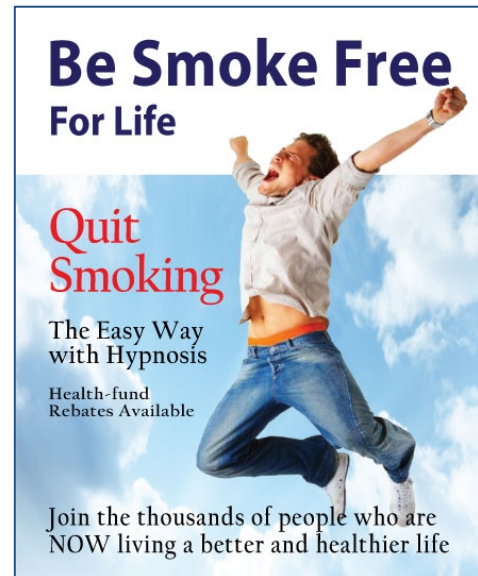




Quitting Smoking has never been so easy;

I smoked for over 20 years. My health was not great, and I was struggling with the cost of cigarettes. My wife hated me smoking, and our daughter complained that I smelled like rotten eggs. I tried to stop many times but never lasted more than a few weeks. That was then, now it's been over a year since I smoked, I feel fantastic, and I know I will never smoke again.



This is typical of the kind of feedback we constantly receive from our clients.

90% of people quit after their first session and never smoke again.

As trained Counsellors, Psychotherapists and Clinical Hypnotherapists, we offer an honest, professional and personalised quit smoking program that enables our clients to achieve complete freedom from smoking. We recognise that everyone is unique having their own habits, desires, and associations. Our aim is to uncover and resolve those individual patterns and behaviours around smoking thus ensuring a complete and permanent resolution of the habit.

Our promise to you

While the majority of our clients stop smoking in just one session, others can benefit from further support. Hence, for total peace of mind, our Be Smoke-Free Hypnosis package includes a **FREE AFTER-CARE SUPPORT**, which means that we will provide as many free sessions as necessary up to three months following the initial treatment session.

How does it work?



At the beginning of the session, included is an in-depth discussion about the clients associations, behaviours, and beliefs about smoking. We address the reasons for tobacco use and the patterns that have formed and maintain the habit. In this way everything can be tailor-made to the client's needs. Then using a combination of Counselling, Psychotherapy and Hypnotherapy, we combine this information to work intensely with your subconscious mind giving the skills, belief structure, and deep motivation to quit smoking immediately.

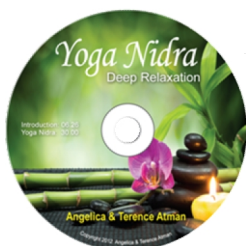
We also teach the client tools and techniques for added support, particularly in the few days following the treatment. Included are special exercise and breathing techniques that help restore your lungs to maximum capacity and rapidly detoxify the nicotine from your body. The whole experience is uplifting and enjoyable.

What is included with the program?

Our **Be Smoke-Free** program includes a package folder containing everything you will need for your journey forward as a non-smoker. Along with two audio CDs, there is a host of resources, tips, tricks and techniques you can use along the way. Everything is at your fingertips.



Be Smoke-Free: This full hypnotic CD reinforces the hypnotic parts of the treatment and is designed especially for the **Be Smoke-Free** program. It can be used for added support, particularly in the few days following the treatment session. It acts as a resource and a failsafe backup, so one remains a non-smoker for the rest of their life.



Yoga Nidra - Deep Relaxation: With its soothing, relaxing music and soft-spoken words, Yoga Nidra induces a state of deep relaxation; similar to what would be achieved in therapy. By calming the nervous system, you can stay relaxed, making it much easier to establish new healthy habits. Yoga Nidra can easily be incorporated into one's lifestyle and combined with other therapies to form an on-going holistic approach to health.

Free Aftercare Support

To ensure that everyone has the very best results from the program **we provide as many free sessions as necessary within the first three months following the initial treatment.** We are committed and dedicated to helping every one of our clients to be a non-smoker for the rest of their life.

There is no need to rely on patches or tablets or sheer willpower; we can install lasting changes in your subconscious mind, quickly and efficiently.

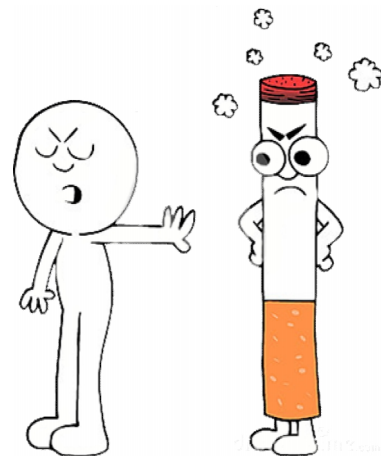
The cost of smoking today...

- Cigarettes are now costing more than **\$1.00 each** and are going up again.
- If you smoke an average of 20 cigarettes per day that will cost you **\$20.00** a day.
- In one week it will cost you **\$140.00**
- In one month it will cost you **\$560.00**
- In one year it will cost you a whopping **\$7,300.00**
- **In five years it will cost you over \$36,000, and that is without factoring in the rising cost of tobacco.**
- Just think what you could do with that amount of money?
-

What are the health benefits of being a non-smoker?

The health benefits of quitting smoking start from within 20 minutes of putting out the last cigarette. The body will begin to repair the damage done through smoking almost immediately, fast-tracking a series of beneficial health changes that continue for years.

- **20 minutes:** Your blood pressure and pulse rate return to normal.
- **8 hours:** Oxygen levels in your blood return to normal.
- **72 hours:** Breathing becomes easier. Bronchial tubes begin to relax, and energy levels increase. Your sense of taste and smell returns.
- **2 -4 weeks:** Circulation improves throughout the body, making physical activities, walking and running easier and more enjoyable to do without getting so 'out of breath'.
- **One month:** Skin appearance improves, owing to improved skin perfusion.
- **3-9 months:** Cough, wheezing, and breathing problems improve, and lung function increases by up to 10%.
- **One year:** Risk of a heart attack falls to about half that of a smoker.
- **Ten years:** Risk of lung cancer falls to about half that of a smoker.
- **After ten years:** Risk of heart attack falls to the same level that it would be for someone who has never smoked.



Some common questions people ask:

Can anyone be hypnotised?

We all have the capacity to enter into a hypnotic trance in our own way. If you've ever found yourself becoming 'lost' in a book, or in a movie, or discovered that you've become so deeply lost in thought during a car journey that you don't really remember making the trip, you've been in a trance state. Contrary to some common myths, you cannot be forced to go into a trance against your will, for the subconscious part of your mind works for you and only you and no therapist can ever override your conscious choices. You will never accept a suggestion that your belief system does not allow.

Some people who have certain kinds of mental illness may not be suitable for hypnosis; however, other forms of therapy that do not use the trance state can be very effective. If you are in doubt, please give us a call and we can give you more information about your specific needs and possible causes of action to help you **Be Smoke-Free** for life.

Are there some people who the program will not work for?

The program will not function efficiently for someone who has too much inner resistances to stop smoking or if they only want to stop to please someone else. If you find yourself 'in resistance', but have a desire to quit smoking, we can help you unhook past conditioning and negative thinking about your smoking habit. With years of experience, using advanced cognitive behavioural techniques and other therapies, we can provide you the optimal treatment plan that helps you to handle the psychological challenges of quitting smoking effectively.

Is Hypnosis Safe?

Hypnosis is completely safe. You are aware and in control at every moment and can terminate the session at any time if you choose to. Hypnosis is not like your ordinary sleep state, nor can you get stuck in a state of trance. And most of all **you can't be made to do something against your personal ethics or will**. Hypnosis is absolutely safe; it is a relaxing and enjoyable experience.

What evidence is there to support your claims?

Apart from our own impressive track record and testimonials, there has been a lot of research done on hypnosis and smoking cessation. In fact, hypnotherapy has become very famous for helping people to stop smoking: and it is no wonder when you look at the research.

- **Smoking Cessation 90.6% Success**
- **87% Reported Abstinence From Tabaco Use**
- **81% Reported They Had Stopped Smoking After Hypnosis**
- **Hypnosis Patient Twice As Likely To Remain Smoke-Free After Two Years**
- **Hypnosis More Effective Than Drug Intervention For Smoking Cession.**

(See our website for the full articles and much more)

Our **Be Smoke-Free** program works fast to break the smoking habit. Regardless of how many cigarettes you smoke and how long you have been smoking, you can become a non-smoker quickly and easily. All it requires is that you really want to stop and that you are open and ready to approach quitting in a new way.

How much does smoking affect your health?

The health effects of tobacco use are well documented in many scientific journals: they include heart disease; cancers of the throat, lungs and mouth; emphysema; premature aging of the skin; yellowing of the teeth and respiratory problems. **No one can deny the long-term health concerns from smoking**; it's only a matter of time before it catches up with you. Smokers put themselves and their families at high risk of these diseases. Mothers who smoke during pregnancy also put their child at risk of improper brain development, physical deformities, and premature birth. The good news is that stopping smoking at any age improves health. **YOU CAN STOP NOW!**

How much does it cost to Be Smoke-Free for life?

For most people the whole program costs less than three weeks of smoking; in fact, you will probably get some change in your pocket at the end of the month. Not only does the program pay for itself very quickly, but some may also be able to **claim from your private health fund** and get a rebate. How good is that?

What makes our Be Smoke Free program so compelling and unique?

Our **Be Smoke-Free** program is NOT an off the shelf program that someone has purchased for a lot of money and then been trained to teach. Rather it is based on many years of personal experience and research in discovering what methods and techniques are the most effective for helping smokers quit.



Be Smoke-Free is an entirely client focused approach that takes into account the individuals needs as well as their circumstances. Because we are trained in many modalities, we can bring to the mix the very best tried, tested and proven NLP, Cognitive Behaviour Therapy and Hypnosis techniques that work for fast, permanent results.

What experience and qualifications do you have?

We have been working with mind training and cognitive programs for decades and have developed and implemented dozens of training programs for the corporate and general public. We are qualified and experienced in Clinical Hypnotherapy, Counselling, Psychotherapy, NLP, Cognitive Behaviour Therapy and a host of other modalities. We are members of the **Australian Hypnotherapist Association** and **The Australian Society of Clinical Hypnotherapists**. We are also members of **iHD** and **IICT** and have clearance for working with children.

You Can Make the decision to Be Smoke-Free Now

You Can Do It -thousands of other people have done it too. Even though you may think it is intolerable to cope without smoking, once you stop the habit you will be pleasantly surprised how indifferent you will be to cigarettes. Many people who have smoked for 40 or 50 years have discovered that quitting was much easier than they imagined. They are now reaping the rewards of better health and vitality, needless to say, the financial relief they experience.

Just the fact that you have got this far and are still reading about this program means you have already made a decision on some level that it is time for you to quit once and for all, and we are going to help you do just that.

Give us a call and we will take care of everything. And what's more, if you are unable to come to us, we can come to you; of course, some extra traveling costs are incurred depending on where you live, but even those are minimal compared to how much you will be saving as a NonSmoker.

It's never too late & it's never been easier

We are looking forward to helping you Be Smoke-Free for the rest of your life.

Call us Now

Phone: (02) 4381 0333

Mobile: 0422 330 575



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