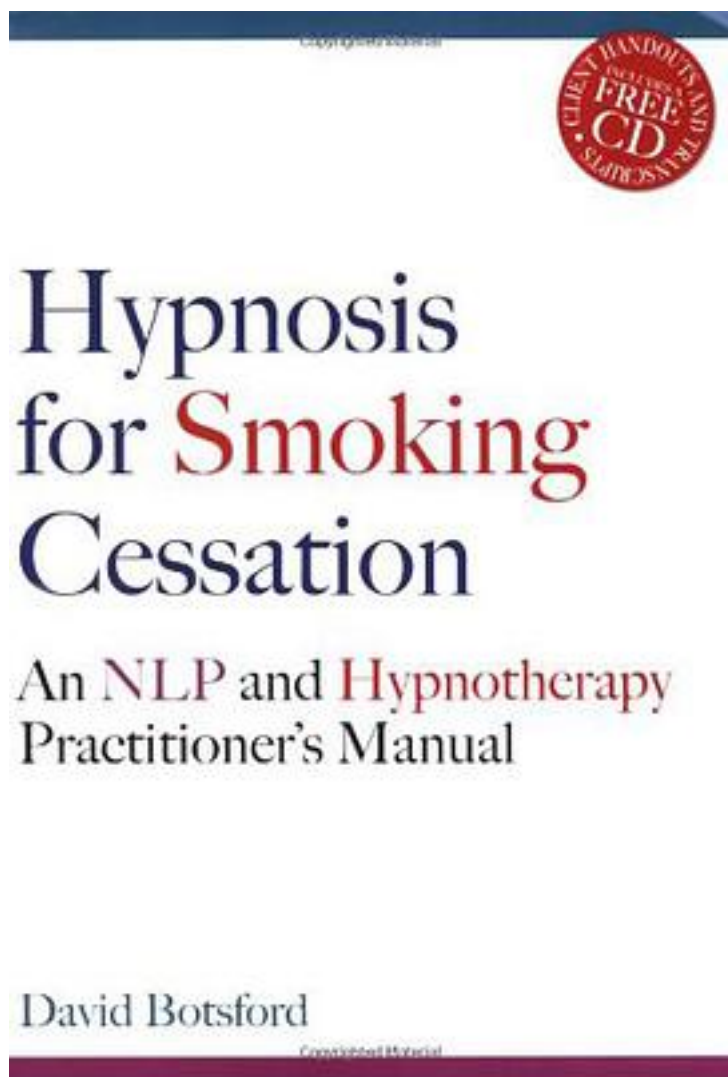


# Hypnosis for Smoking Cessation



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Combining Ericksonian hypnotherapy and NLP with techniques taken from cognitive therapy, yoga and stress management, the book shows how to deal with every possible situation in smoking cessation. It shows how to influence the client and how to teach self-hypnosis and other techniques which will help maintain the client as a non-smoker after each session. It also provides a practical plan for marketing a hypnotherapy smoking cessation service at low cost but high impact. This book is an essential addition to every hypnotherapist's library ? and one which readers will refer to again and again in their therapeutic work.

作者介绍:

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