

"This has been a very helpful course. In 14 years of working, I have never successfully managed to stay smoke-free. Right from the first hypnotherapy session, the desire to smoke reduced while I did smoke after the first session, I found I was unable to even have half of a cigarette. From the second session onward, I have not smoked - not even a single puff. Each day since has further reduced any lingering desire to smoke, and I find myself very present to such desires and therefore better able to successfully resist them. As each day has passed, my confidence in being able to stay away completely from smoking is increasing. The health benefits, from clearer lungs, lower acidity/heartburn, and better quality sleep are all immediately evident, and withdrawal symptoms are almost non-existent. This has overall been a very positive life affirming course. I will never smoke again. You have my deepest gratitude for helping me overcome this unhealthy dependence."

Mr M M (08 Dec 2007)
[Condition: Smoking Cessation]

"I have found my therapist to be very understanding of my situation and have found the treatment to be professional and comfortable."

Mr J S (01 Sep 2007)
[Condition: Smoking Cessation]

"What hypnosis did was to teach me to learn how to concentrate, relax and analyze why I should stop smoking. It's one step above meditation and a more controlled thinking environment."

Mr E J (28 Jul 2007)
[Condition: Smoking Cessation]

"Since attending the sessions at the Center, I have beaten the urge to smoke cigarettes. This, I believe is due to my therapist's help on this issue. I have attempted to stop smoking many times over twenty years and I today, leave this Center knowing that I am a non-smoker with no intention of ever returning to this habit."

Mr I J (16 Jul 2007)
[Condition: Smoking Cessation]

"I can really say that my therapist had helped bring out in me the inner confidence needed to overcome smoking. I went into this program with an open mind and positive attitude to achieve a successful result. To sum it up "it worked for me". Many thanks."

Mr P N (27 Jun 2007)
[Condition: Smoking Cessation]

"I arrived at the Center not knowing what to expect but with an open mind. I have found the sessions to be quite gratifying and relaxing. I now believe that through the assistance and professionalism of my therapist, I AM NOW A NON-SMOKER."

Mr J B (15 Jun 2007)
[Condition: Smoking Cessation]

“Smoking – I have been a smoker for about 10 years. The first five as a pack a day, the second five, I just could not kick the “social smoking”.

I came to Hypnae Center and after two sessions, I no longer craved them. I could go out and drink and not even think of having one.

Weight Loss – I have always been an emotional eater. When things happened good or bad I would eat. I found after seeing my therapist at Hypnae Center that the panic or focus was no longer there for me when I was around food. The way I eat has changed; I eat slower and eat less. I have been very happy with my results.”

Ms A D (05 Feb 2007)

[Conditions: Smoking Cessation / Weight Management]

"I came to give up smoking. Although I am still smoking a few cigarettes a day, I smoke nowhere near as much as I did, and still believe I am on the road to quitting completely. The hypnosis has helped me to gain the confidence and belief in myself to quit, and also has given me a vision of myself as a non smoker that I am striving towards being."

Ms S B (27 Sep 2006)

[Conditions: Smoking Cessation / Confidence]

“I am very happy that I have stopped smoking for a month through hypnosis. Snoring helps a little now and hopes it will stop.”

Mrs K N M (02 Jun 2006)

[Condition: Smoking Cessation]