



Relaxation

Freedom

Health

Control

For those who are trapped in the habit of smoking, these words offer relief. Hypnosis can help you finally take back control of your life.

Hypno-Quit®

That's why Positive Changes Hypnosis® has developed Hypno-Quit. Kick your smoking habit using the proven strategies in this series. Eliminate your cravings. Relieve the stress and frustration associated with quitting smoking. Learn to stay calm and manage your stress in order to overpower the urge for cigarettes. Use hypnosis to help you break the chains that have bound you to cigarettes and live the tobacco-free life of your dreams!

In nine highly-targeted weeks, you'll learn how to quit smoking by learning how to manage stress, remove cravings and focus on the positive of living tobacco free.

Personal Hypnosis and Hypno-Coaching Sessions

During each of your personal sessions, our certified professional hypnotists will work with you to determine what specific issues you would like to work on in your hypnosis session. They will then *create and record* a hypnosis session for you to take home for reinforcement. These will help you deal with food cravings and change the way you look at eating and exercise. In addition, our certified Hypno-Coaches will help you refine and target your goals making them easier to reach than you ever thought possible.

Hypno-Acceleration® Sessions

Positive Changes founder Patrick K. Porter, Ph.D., has created specialized Hypno-Accelerations, designed to help you realize and achieve your goals through lifestyle change. His creative visualization processes are intended to help you achieve better health through hypnosis.

Self-Hypnosis Classes

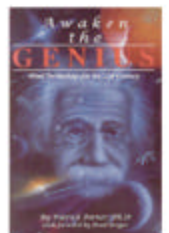
In these classes you'll learn the same relaxation techniques your hypnotist uses to help you attain the great results you've come to expect from Positive Changes Hypnosis. You will also learn some quick tricks to help you relax in even the most stressful situations. At the end of each class you'll receive a Hypno-Acceleration to reinforce what you just learned. There are no limits to where your mind can take you, and these sessions will help you get started.

Personal Evolution Hypnosis Conditioning Kit (Starter Kit)

This step-by-step blueprint gives a specific outline of how to achieve your ultimate goal and live a happier more enjoyable life, in just minutes each day.

Awaken the Genius Book

This book was written by the Founder of Positive Changes Hypnosis. It is quite simply what Positive Changes believes to be the most effective human development book ever written.



Have you tried to quit smoking?

Yes.

Have conventional methods failed you?

Yes.

That's why we're here.

Personalized hypnosis sessions and Self-Hypnosis lessons to help you:

- *Manage stress*
- *Conquer cravings*
- *Eliminate triggers*
- *Regain control*



PositiveChanges®
HYPNOSIS CENTERS

Yes, It Works.