

Release your Genie
Butt *OUT* - SEX & Beauty *IN*



STOP SMOKING *Forever*

Jackie Hofmann

Inspired at ETERRA



*"The wishing well of your imagination also holds the power
to make all come true!"*

Three Weeks To "Stop Smoking"

Jackie Hofmann's

"Magic Carpet Program"

For achieving a **permanent** smoke free life!

Testimonials

"I should have done it years ago...It's amazing I didn't even want cigarettes anymore."
Matt Damon describing his hypnosis experience to Jay Leno,
The Tonight Show, 12/04

"Hello Jackie, I know I should have sent this a long time ago but I wanted to be sure that I wasn't jumping the gun, and now I know for sure. I am one year smoke free as of the 7th of September. After being a heavy smoker for 46 years I can honestly say I will never smoke again. I had my doubts when I heard of your hypnosis sessions, but after trying every other possible method to quitting and failing every time, I felt I had nothing to lose except to have another failure which I had become quite use to.

I can't thank you enough for reassuring me that it could work for me which helped keep me in your program and after 4-5 sessions with you I did become a very happy smoke free person. Not only do I thank you, but my family, especially my Daughter Cheryl and My Husband Nick will be forever grateful to you. Again my sincere thanks for helping me accomplish what I thought would never be possible. P.S. By the way I have not gained any weight in this past year which was one of my biggest fears." C.T.

"I am truly amazed at this wonderful program. I had tried every other way to quit (including group hypnosis, laser and the patch) and just nothing seemed to work for me. I felt that I really wanted to quit but still found myself smoking over a pack a day and some days when I was stressed, a lot more. When I purchased Jackie's program, I was extremely stressed with no relief from my stressors in the foreseeable future. Actually, events after I began this got even worse for me, so I am incredulous that I could continue with it and finally quit. I was scared to quit (fear of failure etc.) but found this program was so supportive. It helped me identify my triggers, deal with them and know that I would not be triggered back into the habit no matter what stress I faced. It truly does address the psychological as well as the physical addiction. I love Jackie's voice and found that her CDs were always there to support me. I found I slept better than I had in years and didn't gain weight. I am far more relaxed about things now, and in fact, even though I haven't had a cigarette for several months now (and have no cravings or desire for one); I often listen to the stress relief CD just because I enjoy it so much. Thank you Jackie...you are truly an angel!" J.T.

"This worked when nothing else did. It actually seemed easy to quit and I have smoked for far too long. I don't even miss it and know I will never go back to it. Thanks. "MJ"

"Jackie, you are an angel! Because of your In-home Stop Smoking Program I have finally been able to quit. I don't believe how easy it was! The CDs were so relaxing and gave me the feeling that if I needed support you were there. I had 2 major crises while on your program and I wasn't triggered back into smoking. I am sleeping much better and I haven't gained any weight. I love your voice and I am so amazed that quitting could end up being so easy when everything else I tried (including a group hypnosis session) just didn't work. Here I was over a pack a day to nothing, and I am no longer scared I might be triggered back into smoking. Not only do I feel so much more relaxed and confident but I know I am smoke-free for life! Your program was easy to follow and along with the CDs just amazing! God bless you Jackie and the work you are doing!" L.A.

*Hi Jackie! Just a quick note to say "Thanks"! I am now celebrating my sixth week of nonsmoking! I am still doing really well, some days are more interesting than others, but for the most part the whole experience has been a huge positive! I still listen to my c.d. stuff, probably will for some time to come. I have given your name to about a million people, so you can expect some calls! (A million would be nice, but, realistically, not that many!) Many thanks to you, you helped me, help myself, and for that I am so grateful.
Take Care and I will talk to you soon!
Sincerely, L.M. June 2008*

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Jackie's Goal

"Hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit."

-New Scientist (International Science Magazine)

This 3 week Stop Smoking program that I created, based on the success rate of my in-office program which is 90% was designed to reach, educate and shift a greater number of individuals motivated to quit smoking through self-empowerment.

My "**Butt OUT- Sex & Beauty In**" replicates the behaviour modification approach of my office program resulting in hundreds of happy, natural non-smokers who have quit for life. Vitality returns, increased staying power, stress coping and a stronger immune system.

It takes 21 days for an idea or action to become part of your belief system in your subconscious mind. *My program therefore takes 21 days.*

The major difference between my program and slapping on the patch, or other one-shot attempts, is that I address the **reasons** that trigger you into lighting up that cigarette.

*"Nicotine patches are great.
Stick one over each eye and you can't find your cigarettes."*

- Anonymous

I secondly, address the **psychological addiction**, in an area where medications address only the physical aspects with a possible undermining of your emotional foundation.

Ever notice that there are times when you have a cigarette lit without being consciously aware of lighting it? I will make you aware of each time you reach for that cigarette using the Smoking Log and Current Behaviour sheet, then offer alternative behaviour with the Alternative Behaviour sheet. This program continuously helps you to become mindful of a habit that presently controls you.

Best wishes for success

Jackie Hofmann

Life Skills Consultant Certified Clinical Hypnotist
BA OCT TFH NLP CCHT MTT

Chapter ONE

"Cigarette:

A fire at one end, a fool at the other, and a bit of tobacco in between."

- Anonymous

YOUR Goal

Your health – your future – YOU are worth it!

Your strong desire to quit is your ticket to success!

YOU ARE IN TOTAL CONTROL AT ALL TIMES

This program is a contract that you make with yourself to quit.

Cheat during these 3 weeks and you are only cheating yourself and wasting *your* money. Commit and believe you can and you **WILL** be a natural, non-smoker for life!

Think of me as an usher in a theatre – my program will light the way to success (your seat), but it is up to you to succeed (sit).

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind"

William James

Chapter TWO

What is your personal reason for quitting?

This is extremely important!

What will *really* change in your life when you are a non-smoker?

Is it your spouse nagging you? Perhaps, do you wish to see your grandchildren grow up? Was it the last visit to your Doctor? Are you short of breath and lack energy? only YOU can answer.

Make it personal and very important to you.

*"Smoking is suicide by installments."
— H.M. Forester, Game of Aeons: A short novel*

Chapter THREE

Why should Hypnosis work better than anything else?

Hypnosis accesses your subconscious mind which is where your belief system is held. This is where you hold the pre-conditioned response (*smoking*) to your individual triggers for smoking.

As it takes 21 days for your subconscious mind to firm up a belief, by listening to the recordings as often as possible and following the program diligently, you constantly tell your sub-conscious mind that you **ARE** a non-smoker. As you *reprogram* your subconscious mind there will be times when you would have ordinarily lit a cigarette but *Don't*.

That is your subconscious mind saying "*well of course you aren't going to have that cigarette since as you have been constantly telling me for the last three weeks, YOU ARE A NON-SMOKER!*"

This program brings a unified approach between the subconscious and the conscious mind acting in your best interest. (*therefore no more self sabotage which means permanency in quitting*)

Chapter FOUR

"BUTT OUT"

PROGRAM OUTLINE

*"Your future depends upon many things, but mostly on you."
Frank Tyger*

Begin by keeping your smoking log to record when you smoke throughout the day. Complete the Current Behaviour sheet which tells you the emotions, situations and times that you are triggered into lighting up.

For each that you check off as a 'yes' list a different behaviour on the Alternative Behaviour form and begin that behaviour. For instance, if you said 'yes' to smoking when you are bored, your new behaviour is to go for a walk around the block, or read a book or call a friend etc. **USE** the new behaviour as an alternative to having a smoke.

On a scale of 1 to 10, with 10 being you really want to quit, your number is: _____.

ANYTHING BELOW 8: listen to the recording to raise your motivation level and commitment.

ABOVE 8: Lets Begin

I now smoke _____ # of cigarettes per day.
(Divide this number by 3 weeks to see how many to decrease per week)

Remember that you are doing this for yourself so cheating at any time is only cheating yourself!

My quitting day is: _____.

(3 weeks after beginning this program)

Chapter FIVE

Steps to Begin

- 1) *Visualize yourself as a non-smoker using all of your senses...how you feel, look, what others say etc. Constantly refer to this image in your mind.*
- 2) *EVERY morning, buy an 'off' brand of cigarettes. You don't want to like the taste or you are defeating the purpose of quitting.*
- 3) *You need to tape a picture of your loved one(s) on each pack. Each time you reach for a cigarette then you must look into the eyes of that person and explain why you are CHOOSING slow suicide over continued life with them.*
- 4) *Refer to your smoking log and decide how many you will allot to smoke that day. You will be weaning yourself over the 3 week period so remember to allot with this in mind. In other words if you are now smoking 15 per day, each week you will drop your smoking allotment by 5 so that on your quitting day you are ready to quit.*
- 5) *If you have allotted yourself 10 cigarettes for the day, take the remainder (10 for a pack of 20, or 15 for a pack of 25) and crush them up and throw them away. I know that right now you are saying "Are you nuts? Doesn't she know how much that would cost?" The answer is yes I do. I also know that it will cost you a whole lot more in the long run through poor health, and financial cost over the time that you continue to smoke!*
- 6) *Now decide precisely when you will smoke the cigarettes you have allotted yourself. Your Smoking Log will tell you when you usually have one, so it makes sense to make those your allotment times. At the end of the day, any cigarettes left over are to be crushed up and thrown away before you go to bed, so that again the next morning you will need to buy a new pack off-brand.*
- 7) *YOU MAY NOT give out the cigarettes you should be crushing up and throwing away. Crushing them up and throwing them away is a reinforcement of your commitment to quit. You may not smoke someone else's cigarettes.*
- 8) *Keep your cigarettes in a place that is very inconvenient! For instance if you normally smoke while driving, keep them in the trunk of your car. You will really have to want that smoke to pull over to get at your cigarettes! Do not smoke in your house, and the minute you do smoke, wash the ashtray and keep it out of sight.*
- 9) *ALWAYS CARRY WATER WITH YOU. Water helps to flush the toxins out of your body so drink a lot of water.*

- 10) Before you light that cigarette, ask yourself "Do I really want this cigarette?" If the answer is yes, take a long drink of water. Focus on the image of you as a non-smoker and the reason you have chosen to quit. Ask yourself again "Do I really want this cigarette? If the answer is again yes, take 3 deep breaths. And finally, ask yourself once more and if the answer is yes, tap the centre of your forehead and say 5 times, "I am a non-smoker and I feel great!" If the answer is still yes, then smoke the cigarette, but if at any time it is no, put the cigarette back in the pack and move on to another activity.
- 11) Listen to the recordings as often as possible. The more you listen, the more you optimize your results. The hypnosis recordings should only be listened to when you can take the time to devote to going into hypnosis and your attention is not needed elsewhere. The Stop Smoking subliminal recording however, can be listened to anytime and anywhere because you will not go into trance. All the conscious mind hears is easy listening music while the subconscious mind hears my positive and beneficial suggestions for becoming a non-smoker, recorded below the conscious level of hearing.
- 12) Increase your water intake and supplements as listed (with the agreement of your physician) to replace what is lost in your system by smoking.
- 13) **MARK YOUR QUITTING DAY ON YOUR CALENDER!** And focus on it. **That is your goal and know that you CAN do it!** Remember that this program is based on my in-office stop smoking program which has a 90% success rate, so there is no reason to expect less of yourself!
- 14) Extra help and training is available to achieve this 90% if you feel the need by having an on line Skype session. See Appendix
- 15) Practice deep breathing often! This signals your brain that it is time to relax and will help you do just that.

"You have powers you never dreamed of.

You can do things you never thought you could do.

There are no limitations in what you can do

except the limitations of your own mind."

Darwin P. Kingsley.

Chapter SIX

Behaviour Modification?!

Behaviour modification is a technique of altering an individual's behaviours and reactions to stimuli (*your individual reasons for smoking*). This happens through positive and negative reinforcement of adaptive behaviour (*Identifying your specific reasons for smoking using the Smoking Log and Current Behaviour sheet*). You then come up with alternative behaviours using the Alternative Behaviour sheet. The extinction of maladaptive behaviour (*smoking*) occurs through positive and negative punishment.

Principles for Using Behaviour Modification

To develop a new behaviour

1. Continuous Reinforcement Principle:

To develop a new behavior that the smoker has not previously exhibited; arrange for an immediate reward after each correct performance. Your reward of course is that you don't have that cigarette and have used an alternate behaviour to replace it. (Alternative Behaviour sheet)

2. Negative Reinforcement Principle:

To increase a smoker's performance of not smoking, you record each cigarette smoked and the time and the reason thus making the smoker aware of actions that were previously occurring without awareness. How many times have you lit a cigarette without being aware of it before you answered a ringing phone...or started your car...or first thing upon rising...or after a meal...etc? (Smoking Log) You are also explaining to the picture of your loved one, why you are choosing slow inevitable suicide over continuing to live with/for them!

3. Cueing Principle:

*To teach a smoker to remember to act at a specific time, arrange for him to receive a cue for the correct performance just before the action is expected rather than after he has performed it incorrectly. This is you asking yourself "Do I **really** want this cigarette" before you light it. If the answer is yes, you take a drink of water, and then ask again. If the answer is still yes, then you take three deep breaths. If the answer is yet again yes, you tap the centre of your forehead as you repeat the phrase "I am a non-smoker and I feel great".*

4. Discrimination Principle:

*To teach a smoker to act in a particular way under one set of circumstances but not in another; help him to identify the cues that differentiate the circumstances and reward him only when his action is appropriate to the cue. Your **Smoking Log sheets** help you identify the times and reasons for each cigarette. Knowing in advance when you are mostly likely to want to smoke allows you to change the circumstances so that you can avoid that cigarette and use alternate behaviour.*

To strengthen a new behaviour

5. Decreasing Reinforcement Principle:

To encourage a smoker to continue performing an established behaviour with few or no rewards; meaning that you are in control of the weaning process such that your quitting day is three weeks from the day you begin the program. Your ultimate reward is improved health and longevity and more money in your pocket!

To maintain an established behaviour

6. Substitution Principle:

*Changing reinforcers when a previously effective reward is no longer controlling behaviour, and present it just before (or as soon as possible to) the time you present the new, hopefully more effective reward. **Set an immediate reward for yourself**...something to be enjoyed a month or so after you have quit. Then focus on **a more long-term reward**, perhaps that vacation you couldn't afford before but can now because of the money you saved from not smoking!*

To stop inappropriate behaviour

7. Extinction Principle:

To stop a smoker from acting in a particular way, you may arrange conditions so that he receives no rewards following the undesired act.

8. Incompatible Alternative Principle:

To stop a smoker from acting in a particular way, you may reward an alternative action that is inconsistent with or cannot be performed at the same time as the undesired act.

To modify emotional behaviour

9. Avoidance Principle:

To teach a smoker to avoid a certain type of situation, that triggers him into smoking. You have now become quite aware of your own individual triggers for smoking. Avoid those triggers such as the consumption of alcohol, stress (instead listen to a recording), or perhaps going to a bar, knowing you would normally smoke there.

10. Fear Reduction Principle:

To help a smoker overcome his fear of a particular situation, gradually increase his exposure to the feared situation while he is otherwise comfortable, relaxed, secure or rewarded.

By listening to the enclosed recordings, doing the visualizations, tapping, and alternate behaviour protocols, you will discover that there is no situation, event, time or person who can trigger you back into smoking.

*"To see what is right, and not do it,
is want of courage,
or of principle."
- Confucius*

Chapter SEVEN

SEX

Smoking & Sex ! *or lack thereof*

"Smoking can have the same effect on your sexual performance as having your Mom walk in on you."

Dr. Mehmet Oz

MEN

- 1) Impotence – Men smoking more than 20 cigarettes per day have a 60% higher risk of erectile dysfunction. The toxic chemicals found in cigarettes can damage blood vessels and can damage penile tissues which impact the normal functioning of the penis. Sexual arousal needs good circulation which is impaired by the chemicals in cigarettes. Smoking can cause cancer of different components of the genitals which can cause impotence.
- 2) Libido: Smoking can damage the smooth muscle inside the penis and therefore may lead to a lowered libido. Due to the physical impairment resulting from smoking, a male is less able to satisfy his partner leading to personal dissatisfaction and a decrease in sexual desire.
- 3) Erectile dysfunction: smoking further increases erectile dysfunction by 26 times if the person already has high blood pressure.
- 4) Penis size: Research at the University of Boston showed that men who start smoking younger can end up with damage to blood vessels and tissues thus affecting penis size.

Cigarette sales would drop to zero overnight if the warning said
"SHRINKS YOUR PENIS!"

Men Who Quit

- 1) better overall sexual health
- 2) greater penile growth
- 3) climax more easily
- 4) quitting by age 50 can reduce your chance of dying before your time by 50%
- 5) stopping before you are 30 years of age reduces your risk of dying prematurely by 90%

ANY Age Can Benefit by Quitting

- even after age 60, quitting reduces mortality rates
- more immediate benefits on cardiovascular system
- adds at least 2 years onto your age expectancy
- independence and quality of life improve after just a few months

WOMEN

“It would be a service to mankind if the pill was available in slot machines and the cigarette was placed on prescription.”

Dr. Malcolm Potts

1) Menstrual Cycle

Smoking causes more painful and irregular periods; period pain lasts longer; nicotine decreases estrogen in the body and smokers reach menopause 2 years earlier and can increase a woman’s risk of further disease such as osteoporosis.

2) Fertility

Research from the University of Kentucky shows that smoking can have a significant and negative effect on a man and woman’s ability to conceive.

3) Pregnancy

- increases a woman's risk for serious complications during pregnancy and childbirth and it can cause fetal and infant health risks and death
- increased risk of ectopic pregnancy
- increased risk of miscarriage
- low birth weight babies
- babies less healthy and increased risk of death
- stillbirth common
- second hand smoke can damage health of Mom & baby
- women who smoke between 1 and 10 cigarettes during pregnancy increase the risk of congenital birth defects and increase the risk of hand malformation in the baby by 30%
- some chemicals in cigarettes can harm the ovaries and fallopian tubes so you may have trouble getting pregnant
- chances decreased 10-40% each menstrual cycle for getting pregnant
- even light smoking can have an impact
- women who smoke and use combined hormone methods of contraception (pill, patch, IUD), are at higher risk for health problems i.e. 35 years and older are 10 times more likely to have a stroke or heart attack
- *****smoking is NOT a method of contraception*****

Nursing mothers BE AWARE of possible implications from the chemical toxic combination found within your cigarettes!!!

"You own yourself, so if you want to do something that destroys yourself, go ahead. Just don't harm others when you do." Jim Goebel

4) Physical Issues

- smoking increases your risk of cervical cancer. The chemicals affect the cells of the cervix. 30% of deaths from cervical cancer are related to smoking
- surgery for cervical cancer may interfere with orgasm
- since smoking hardens blood vessels around the clitoris and vagina it can reduce pleasure from sexual intercourse

WOMEN WHO QUIT

- 1) Look and feel younger
- 2) Have more energy and vitality
- 3) Quitting will mean less irregular periods.
- 4) Sexually aroused more easily with possible longer orgasm
- 5) Healthier babies with stronger healthier adulthood
- 6) *** see Beauty and the Beast

"There is nothing attractive about coughing before, during or after
Thank you very much!"

Anonymous

Chapter EIGHT

BEAUTY

"If you don't want to see me smoking than you better find others ways to keep my lips busy." Muhammad Ashfaq

Smoking: *Beauty or Beast*

The Physical

- 1) premature aging of the skin and wrinkles are deeper and broader
- 2) decreases water in the outermost layer of skin which explains why smokers experience dryness
- 3) smoking reduces collagen production
- 4) accelerates the destruction of the skin's suppleness and elastic fibre
- 5) lines on cheeks are deeper
- 6) fine lines or wrinkles coming off the lips and from the corners of the eyes
- 7) bony face with protruding cheekbones
- 8) gaunt look
- 9) shriveled and grayish skin
- 10) smoking stains teeth; more likely to lose teeth; plaque build up; lose part of the jaw that holds the teeth
- 11) hair loses luster and shine, becomes dull, brittle and lifeless; contributes to greying and balding
- 12) inner arm sagging earlier in life
- 13) 4 times more likely to have bags under the eyes
- 14) smoking thins out the skin

Smoking and Sunbathing –

are you a sun worshipper?

Smoking and sunbathing tend to exert a combined effect on skin aging, especially for women.

Risk Ratio for getting wrinkles:

-smoking alone: 2.20

-sun exposure alone: 4.19

-sun and smoking combined 10.78

General Health

“Hopefully without the rattling chest and muffled coughs,
I may be more alluring”
Anonymous

- 1) cigarette smoke is one of the biggest external sources of free radicals
- 2) scar tissue forms more slowly
- 3) increases risk of post-operative infections
- 4) acne increase related to the number of cigarettes smoked
- 5) yellowing of the skin, fingers, nails and teeth
- 6) strong link between psoriasis and smoking
- 7) smokers have earlier hair loss
- 8) sexual arousal needs good circulation and smoking inhibits this

DO you smoke... well not much!!... Smoking is smoking

“Light” Smokers (1 to 4 per day)

- 1) 3 times more likely to die of lung cancer (women 5 times more likely)
- 2) 1.5 times increase for dying prematurely
- 3) 3 times more likely to die of cardiovascular disease (someone who smokes 20 per day is only 4 times more likely)
- 4) slows down lung growth and development in the young

Chapter NINE

STAMINA

up, down, in , out ,fast, slow...

"I ran like a cheetah – well like a cheetah that smoked too much!! " John Green, Novel – Looking for Alaska

- 1) decreases oxygen in body and reduces physical endurance since less oxygen is delivered to the body, heart and lungs
- 2) destroys alveoli in lungs making them less elastic and less able to absorb oxygen
- 3) over time, narrowing of airways causes irreversible lung damage
- 4) increases heart rate and blood pressure
- 5) reduces physical and mental stamina
- 6) reduces muscular strength and flexibility
- 7) disturbs sleep patterns
- 8) poorer visual judgment
- 9) 3 times as often to have shortness of breath
- 10) increased risk for bone and joint ailments i.e. lower back pain; osteoporosis; exercise related injury; hip fractures etc.
- 11) twice as likely to fall during basic training
- 12) reach exhaustion earlier during endurance tests
- 13) run shorter distances and more slowly
- 14) for every cigarette smoked per day, competition finishing time increased by 40 seconds
- 15) smoking 20 per day increases the time to run 16km by 12 age years (add to your age)
- 16) higher levels of fatigue during both exercise and recovery

"The mind is powerful, and you have more control than you think."
— Scott D. Lewis,
*The Hypnosis Treatment Option: Proven Solutions for Pain, Insomnia, Stress, Obesity,
and Other Common Health Problems*

Chapter TEN

Is your health all about your disease!

"If we lose the battle against tobacco, we will lose the war against cancer."
- Anonymous

****30% of all cancer deaths can be attributed to smoking.**

This is more than the number of deaths from alcohol, illegal drugs, traffic accidents, suicide, and homicide combined.

Cancers include:

- lung,
- cervical,
- mouth,
- lip,
- throat,
- pancreatic,
- bladder,
- kidney,
- stomach,
- liver
- leukemia

Let's not forget the fact that these cancers may not kill you quickly...*often* you suffer limb amputation due to restricted circulation from smoking (do your hands and feet feel cold more often than not? If you constrict an artery by 20%, you reduce the blood flow through the artery by 50%)

Cancers of the mouth and throat are notably dangerous, especially among cigarette smokers who also consume alcohol and/or use mouthwash containing alcohol.

Smoking increases the risk of catching colds and lengthens recovery time. Tobacco smoke paralyzes the cilia (hair-like protrusions lining the nose and throat), reducing their capacity to clear the passages by moving mucus and the cold viruses trapped within it to the outside.

Have you climbed a flight of stairs recently *without* experiencing shortness of breath, or perhaps coughing and wheezing, or even chest pains?

Combined with an unhealthy diet and natural ageing, it is easy to understand your shortness of breath, grey skin pallor, cough, need to clear phlegm and lack of energy.

Or suppose you don't actually think you will die of cancer, because of the vulnerability of your body due to smoking, you set yourself up for a myriad of other diseases that might claim you before you even have a chance to die from cancer.

Such as:

- respiratory diseases like bronchitis, emphysema
- heart disease
- Coronary artery disease

So as you take that next drag, picture yourself as one of those thousands of people you have pitied that you see carrying around a respirator; or sitting in a wheelchair because of amputated limbs; or who have now lost their independence and are confined to a nursing home because they can no longer care for themselves.

Your one wish should be that you are not the one who makes it to the dying stage of lung cancer; who lives long enough to suffer having a lung tumor burst or their lungs puncture; ***there is pain...the blood...a horrible death.***

“Smoking I find the most ridiculous of all the varieties of human behavior and practically the only one that is entirely against nature. Can you imagine a cow or any animal taking a mouthful of smoldering straw then breathing in the smoke and blowing it out through its nostrils?”
— Ian Fleming, *Goldfinger*

Chapter ELEVEN

Guess how quickly you begin to heal??

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years.

20 MINUTES

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Body temperature of hands and feet increases to normal.

8 HOURS

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

24 HOURS

- Chance of heart attack decreases.

48 HOURS

- Nerve endings start regrowing.
- Ability to smell and taste is enhanced.

2 WEEKS TO 3 MONTHS

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30%.

1 TO 9 MONTHS

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Cilia regrowth in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.
- Body's overall energy increases.

1 YEAR

- Excess risk of coronary heart disease is half that of a smoker.

5 YEARS

- Lung cancer death rate for average smoker (one pack a day) decreases by almost half.
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's.

10 YEARS

- Lung cancer death rate similar to that of nonsmokers.
- Precancerous cells are replaced.
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

15 YEARS

- Risk of coronary heart disease is that of a nonsmoker.

Immediate Rewards

Within 12 hours after you have your last cigarette, your body will begin to heal itself. The levels of carbon monoxide and nicotine in your system will decline rapidly, and your heart and lungs will begin to repair the damage caused by cigarette smoke.

Within a few days you will probably begin to notice some remarkable changes in your body. Your sense of smell and taste may improve. You will breathe easier and your smoker's hack will begin to disappear, although you may notice that you will continue to cough for a while. And you will be free from the ashes, smoke in your face, on your clothes, smell, inconvenience, expense, and dependence of cigarette smoking. *Besides ever ask your partner... who wants to kiss that mouth!!! It all positively changes...*

Immediate Effects

As your body begins to repair itself, instead of feeling better right away, you may feel worse for a while. ***It's important to understand that healing is a process!*** These "*withdrawal pangs*" can be symptoms of the recovery process.

Immediately after quitting, some ex-smokers experience "symptoms of recovery" such as **temporary** weight gain caused by fluid retention, irregularity, and dry, sore gums or tongue.

Did you know that a mouth "craving" only lasts 30 seconds and can be eliminated by sucking on an ice cube? Refocus your attention by tapping the centre of your forehead (third eye, Shaman point) and saying with enthusiasm "I am a non-smoker and I am in control!"

Some might feel edgy, hungry, more tired, more short-tempered than usual and have trouble sleeping; perhaps notice that you are coughing a lot. **If** you choose to **believe** that this is what you are expected to feel then you will. This belief usually arises from what others have told you and does not have to be your reality. These symptoms are the result of your body clearing itself of nicotine, a powerful addictive chemical. Most nicotine is gone from the body in 2-3 days.

What you choose to believe becomes your reality so there is no reason you cannot choose to quit easily and effortlessly. Believe it and you can achieve it. Remember that you have a very powerful ally with the recordings which will redirect your focus and give you control.

Chapter TWELVE

CIGARETTES: *a chemical time bomb*

Life stage set up:

So what do you think you might say if someone from the Government said they were going to put you into an atmosphere controlled room for 30 minutes a day, and pump in lethal chemicals for you to inhale?

My guess:

You would say "absolutely NOT!" But this is exactly what you are doing to yourself (not to mention your loved ones through second hand smoke) every time you inhale.

How many drags do you take off one cigarette? ten? fifteen? three? Multiply that figure by the number of cigarettes you smoke in one day. Now multiply those drags by the number of days in a week...now month...now year!

*The Government plan is likely less damaging than what you are voluntarily inhaling into yourself through that little white tube. It is nothing less than a chemical time bomb and you are committing **slow inevitable suicide**. Have you ever heard of ANY benefits from smoking? Guess what...there aren't any!*

FACTS on Additives

"A cigarette is the only consumer product which when used as directed kills its consumer."
- Dr. Gro Harlem

There are more than 600 additives that can legally be added to the tobacco, to the paper it is wrapped in to form the cigarette, the filter and the package itself.

Some of these additives you will recognise:

Ammonia compounds:

- to speed the delivery of nicotine to smokers by raising the alkalinity of tobacco smoke and they also distort the measurement of tar in cigarettes giving them lower readings than would actually be inhaled by the smoker. Did you know that ammonia compounds *are used to clean (more commonly called bleach) and the vapours can cause serious injury and death?*

Aldehydes:

- such as cinnamic aldehyde that is used in beer and other foods to provide flavour BUT also formaldehyde (*which is also called embalming fluid*).

Hydrocarbons:

- such as carbon monoxide (*that's right...car exhaust fumes, that impairs the circulation of oxygen and can cause death*); methane (*which is a fatal poison that even in small doses can cause blindness*); hydrogen cyanide (*has been used in the US gas chambers*) Hydrogen cyanide causes bronchitis by inflaming the lining of the bronchi. Over the long term, smoking dramatically reduces flow of blood to the brain. Men who have smoked for years are more likely to have abnormally low penile blood pressure, which contributes to **impotence**.

Other chemicals:

- such as acetaldehyde and pyridine that act to strengthen nicotine's impact on the brain and central nervous system (*pyridine being a known solvent and waterproofing agent*); and to top things off let's add menthol to some cigarettes which is suspected of enabling the smoker to inhale more easily by numbing the throat.

THIS IS BY NO MEANS THE ENTIRE LIST...REMEMBER THERE ARE UPWARDS OF 600 *and more!*

FOOD Additives

These can include coffee extract, sugar, vanilla, cocoa, oil of clove stems, caramel and chlorophyll, which gives plants their green colour.

Well those are harmless you might say! Guess again!

For example: cocoa when burned in a cigarette produces bromine gas that dilates the airways of the lung, and increases the body's ability to absorb nicotine.

And what about Sugar? I bet you never expected that one! So ever wonder why when you've tried to quit in the past you gained weight? Part of the reason could be that you are attempting to compensate for the sugar you are no longer getting from your cigarettes. *(The other reasons could be that you have not attempted to modify your behaviour or you have it as part of your belief system that you must gain weight).*

And now think about the addition of sugar with regard to young people and how much more appealing that makes the cigarettes. When sorbitol is used as the sweetener, and a diabetic with routine hyperglycemia is smoking, sorbitol accumulates and plays a major role in the development of chronic complications of diabetes.

This is only a glimpse into a few of the additions to the cigarettes you are smoking and I have discussed them on their individual merits. *If you think about the danger of each additive on its own, imagine the effect of this time bomb when each of these chemicals interacts with the others?*

There has been ***no assessment*** to my knowledge of the overall chemical interaction per cigarette with the toxic compounds that have been added. And to be sure, the tobacco companies will tell you that nothing is added without Government approval. And when you think about it...**you are choosing to smoke.**

Chapter THIRTEEN

Media reports

"On CBS Radio the news of death, reportedly from lung cancer, was followed by a cigarette commercial."

- Alexander Kendrick

Tobacco Control Media Events Calendar

February 2005

National Burn Awareness Week

According to the National Fire Data Center, 1,052 residential fire deaths were caused by cigarettes in 1996. As reported by the Shriners Hospitals for Children, children account for more than 35% of all fire and burn injuries and deaths. In fact, 5,000 children are injured from contact with lit cigarettes and lighters. Fires and burns are the second leading cause of accidental death for children under age 4.

***So you Don't have children to worry about?
Then Read on...***

Study: Hypnosis Works to Treat Hospitalized Smokers

Published October 23, 2007

FoxNews.com

Patients who are hospitalized may be more likely to quit smoking with the help of hypnotherapy, according to researchers.

A study, conducted by the North Shore Medical Center and Massachusetts General Hospital in Salem, Mass., found that more patients were likely to quit smoking after six months, compared to patients who used nicotine replacement therapy (NRT) or those who wanted to quit on their own, which is known as going "cold turkey." Researchers also found that patients who were admitted to the hospital with cardiac disease were three times more likely to quit smoking than those with pulmonary (lung) problems.

Can Hypnosis Snuff Out a Smoker's Cigarette Habit?

New study finds hypnotism is an effective smoking-cessation technique

By **Lindsay Chura**

June 23, 2008 U.S. News

"This study provides much-needed evidence that hypnosis is indeed a very helpful treatment," says lead author Timothy Carmody.

During hypnotherapy, Carmody explained, patients are coaxed into a relaxed state and then provided with a series of skills for coping with withdrawal symptoms and the urge to smoke. Patients are given an audiotape of this training to reinforce these messages at home, and over time it is hoped they will gain increased confidence in their ability to **stay off cigarettes for the long term.**

According to statistics released late last year by the Centers for Disease Control and Prevention, more than 45 million people in the United States smoke. Despite antismoking ad campaigns blanketing the country, cigarette use remains the leading preventable cause of death in the United States, accounting for 1 death in 5. Smoking claims 438,000 lives each year. Kentucky, West Virginia, Oklahoma, and Mississippi top the list of states with the highest prevalence of current smokers, while Utah, California, and Idaho have the lowest percentages of smokers lighting up in the nation.

U.S. NEWS STORY PAGE

SPECIAL Tobacco Under Attack

Doctor compares number of smoking deaths to 747 crashes

January 29, 1998

Web posted at: 3:52 p.m. EST (2052 GMT)

ST. PAUL, Minnesota (CNN) -- Cigarette smoke gets nicotine to the brain faster than an intravenous injection and much faster than nicotine patches, a Mayo Clinic director has testified in the Minnesota tobacco trial.

Dr. Richard Hurt also told jurors on Wednesday that smoking kills 420,000 Americans every year -- the equivalent of three fully-loaded 747s crashing every day with no survivors.

Prior to 1900, he said, lung cancer was "a very rare form of disease;" but by the mid 1960s, it had become the most common cause of cancer death.

He was the first witness called by the state and Blue Cross and Blue Shield of Minnesota, which are suing tobacco companies for \$1.77 billion for the cost of treating smoking-related illnesses. They also seek punitive damages.

Hurt's testimony gave jurors a basis for understanding once-secret tobacco industry documents introduced Wednesday. They show tobacco executives and scientists believed decades ago that their primary product was nicotine, not cigarettes.

Did you know that it was Dr. John Hill, a London physician, who first linked cancer and tobacco.....in 1761!!!

The Marlboro Man

Oh, the glamour of it all! Are you still living this dream! Do you envision yourself living this lifestyle today?

Three of the men who appeared in the Marlboro advertising died of lung cancer - Wayne McLaren (51), David McLean and Dick Hammer.

"Death in the West" a Thames television Documentary 1976 exposes the myth of the Marlboro Man. It is the most powerful anti smoking documentary ever made and contrasts the advertising image of the Marlboro Man with the reality of six American Cowboys dying of cigarette related illnesses.

Virginia Slims – “You’ve come along way Baby”

It is interesting how advertising allows society to believe Smoking is related to women’s freedom, emancipation and empowerment.

Since 1989 western style advertising campaigns have focused on Asia Women through a new elegant package designed by Yves Saint Laurent. It is all about what is fashionable – is this in exchange for your health?

Early marketing of Cigarettes showed that even Santa Claus gave out cigarettes and the Brand preferences of our Doctors. It was sexy and family oriented for all to smoke. DO you see this as your family’s future? Do women really look sexy with a cigarette hanging out of their mouths, yellow fingers and kisses that taste like an ashtray? *Is this YOU!?*

Chapter FOURTEEN

Suggested Supplements

When you smoke many minerals are depleted from the body. Upon quitting at times it is helpful taking supplements to get a jump start to aid your body in a speedier recovery.

** It is always important that you check with your Physician before taking any supplements. This information is given for educational purposes only.*

Nutrient / Supplement	Helpful notes
Coenzyme Q10	Improves oxygenation of tissues, enhances the effectiveness of the immune system, and protects the heart and the lungs.
Multi-vitamin & Mineral supplement	contains vitamin C, vitamin A, vitamin E, zinc, B vitamin complex, and selenium. The nutrients in a daily supplement are required by the body for general good health and well being.
B Vitamins	the B vitamin family is very important for the proper function of your brain and nervous system. Supplements with natural vitamin B help with cellular systems damaged by smoking. These B vitamins can aid with depression, anxiety, and worry which maybe related to the smoking.
Carotenoids	these are free radical scavengers that help stimulate immune system and also serve to protect the lungs.
Bioflavonoids	work with Carotenoids
vitamin A	anti oxidants help with the healing of mucous membranes
vitamin C	aids in protection against cell damage, smokers need more vitamin C than normal because smoking depletes the vitamin in the body.
vitamin E	helps with healing and to repair cell and organ damage from smoking.
Zinc	this mineral helps the immune system heal from damages caused by smoking
L-methionine	good detoxifiers to protect the lungs, liver, brain, and other body tissues from harmful effects of cigarette smoke.

Chapter FIFTEEN

Visualization and Affirmations

Another very important step to help you quit the habit for good is to be able to visualize yourself as a non-smoker. Can you remember a time when you didn't smoke? Picture yourself. If not, create that picture in your mind's eye using all of your senses...see how others will see you as a non-smoker.

Hear what others are saying to you, admiring yourself for your accomplishment. Perhaps they will even be envious because they would like to quit but haven't been able to as you have done. Look at your fingers and teeth and see that they no longer bear the nicotine stains. Be aware of how your sense of taste and smell has improved. You really can stop and actually smell the roses! Your clothing no longer smells like smoke, and no more accidental burns on your clothes or the furniture.

Most importantly "**feel**" from the inside out how good it is to be a non-smoker. Notice your energy, the sparkle in your eyes, the spring in your step. Perhaps even see yourself in a favourite outfit. Take a really good look at the new and improved you; the healthier and more vibrant you. Friends who are smoking and might offer you a cigarette are only going to hear "No thanks! I don't smoke!"

Here is your new affirmation:

"I am a non-smoker, and I feel great!"

Say it while you gently tap the centre of your forehead (Shaman point or third eye). *You can learn the complete Tapping Technique used in my office program (90% success rate) via Skype sessions – see Appendix.* Look at yourself in a mirror as you do this and say it with enthusiasm! Your subconscious mind needs to hear it over and over again over this three week program as a way of reinforcing your goal.

Affirmations have long been recognized as a powerful tool in manifesting desires. That's because the **subconscious mind cannot differentiate** between actual reality and suggestions. Therefore, it processes suggestions (or affirmations) as being **real** -- and goes about using its powerful creative ability -- and that of the nervous system -- to **actualize** those affirmations!

"Go confidently in the direction of your dreams!
Live the life you've imagined."
Henry David Thoreau

Chapter SIXTEEN

How to use the Recordings

The more often you listen to these Recordings,
the more optimum your results!

If you scaled less than 8 out of 10 for motivation to quit, then listen to these Recordings to boost your motivation. Listen often...they are your support system.

Hypnosis Recordings

Hypnosis Recordings should only be used when you do not have to focus your attention on another activity since you will be placed into trance. When listening to a hypnosis recordings, your time is devoted solely to that Recording, therefore never listen when driving etc.

Smoking Sleeper *This recording has a sleep ending and should be listened to at bedtime. It will lull you into a deep, natural and restful sleep. It is OK if you do not hear the end of the recording because your sub-conscious mind will hear all of my positive and beneficial suggestions for you to quit smoking. This Recording also employs a 'sugar compound' which addresses your concerns about gaining weight and helps you to stop any 'cravings' for sugar or sweets or chocolate. Listen to this Recording every night at bedtime.*

Subliminal Recording

A subliminal recording can be listened to anytime and anywhere because it does **NOT** put you into trance. All your conscious mind hears is easy listening music while your sub-conscious mind hears the voice track recorded just below the conscious level of hearing.

This voice track reinforces the hypnosis recording positive and beneficial suggestions for stopping smoking. You can listen to this subliminal in your car while driving, at work as background music or anywhere you would normally have music playing in the background. The more often you play it the better. You don't even have to focus on it, just have it in the background and your subconscious mind will still be receiving the message that you ARE a non-smoker!

Stop Smoking *the subliminal way* As stated above, listen to this easy listening background music with a message anytime and anywhere and as often as possible. This is an excellent adjunct to the hypnosis recordings and requires no conscious listening or effort on your part.

What could be easier than simply listening to music while working on your goal of quitting smoking?

SCRIPT

Stop Smoking the subliminal way

As you listen to this music you realize how happy you feel...

The method you are using for stopping smoking is showing great signs of success...

You feel well

When you want to listen to music you play this recording ...

Should you feel you need further help with stopping smoking ... then you will use hypnosis...

You feel happy with yourself because you are becoming a non-smoker

You feel empowered

You enjoy the looks of approval

You feel proud of yourself

You feel healthier

You feel fitter; more alive and with more energy and vitality

You *used* to have a smoking habit

Smoking is alien to the new fitter, energetic and healthier you

You stop sucking those cigarette poisons into yourself

You choose to stop smoking

You know that the toxic poisons you used to inhale from smoking are clearing your body because you are now smoke-free for life

You are happy and proud that you've beaten the smoking habit

You find quitting smoking easy and effortless

You exercise more so your weight remains at a healthy level

You choose to drink more water to help flush the toxins from your body

You are proud of yourself for stopping the smoking habit so easily and effortlessly

You are delighted to be a natural non-smoker

You find smoking boring, obscene and distasteful

Your life is improving each day you are a non-smoker

You have extra health, extra energy and vitality and more money in your pocket

You are enjoying the benefits of being calmer and more relaxed in your daily life

Your smoking is just a habit that is now a part of your past

You are a non-smoker for life

You feel happier and healthier

You no longer associate smoking with any feelings, emotions or activity or with any situation, time or place

You are truly a non-smoker for life

You no longer associate smoking with you

You are a natural non-smoker and you are finally, forever and completely free

Seeing other people smoke will have no bearing on you at all

You will never need or have need to smoke again

You feel much better now...more optimistic and calmer

You are sure that ceasing smoking is permanent

You are pleasantly surprised at how easily you have been able to eliminate the smoking habit for good

You are a natural non-smoker for life and you feel good.

Chapter SEVENTEEN

WORK SHEETS

CURRENT BEHAVIOUR Pinpointing When, Where and Why You Smoke			
WHEN:			
<i>I smoke when I am feeling:</i>	Lonely	Yes _____	No _____
	Isolated	Yes _____	No _____
	Ignored	Yes _____	No _____
	Unhappy	Yes _____	No _____
	Stressed	Yes _____	No _____
	Insecure	Yes _____	No _____
	Awkward	Yes _____	No _____
	Uncomfortable	Yes _____	No _____
	Unimportant	Yes _____	No _____
	Bored	Yes _____	No _____
	Angry	Yes _____	No _____
	Concentrating	Yes _____	No _____
	Other	Yes _____	No _____
WHERE:			
<i>I smoke too much:</i>	In the car	Yes _____	No _____
	In front of the TV	Yes _____	No _____
	At or after meals	Yes _____	No _____
	At my desk	Yes _____	No _____
	In the employees lounge	Yes _____	No _____
	As I commute	Yes _____	No _____
	In a cocktail lounge or bar	Yes _____	No _____
	At social events	Yes _____	No _____
	On the phone	Yes _____	No _____
	Other	Yes _____	No _____
WHY:			
<i>I smoke whenever I need:</i>	A break in routine	Yes _____	No _____
	Comfort	Yes _____	No _____
	Relaxation	Yes _____	No _____
	To control my desire for food	Yes _____	No _____
	To be noticed	Yes _____	No _____
	To look occupied	Yes _____	No _____
	A reward	Yes _____	No _____
	To rebel	Yes _____	No _____
	To escape	Yes _____	No _____
	Other	Yes _____	No _____
<i>If you don't have at least three statements that ring true for you, go back and look again until you do!!!</i>			

ALTERNATIVE BEHAVIOUR

When:

Where:

Why:

Example When:

Stressed: Alternatives - *Going for a walk! Distraction by doing a crossword
Listening to one of the Recordings.*

Example Where:

In the Car: Alternatives- *Keep your cigarettes in the trunk or as far away from
you as possible which means you have to stop your car and get out to smoke
regardless of the weather! You are not allowed to smoke in your vehicles or home!*

Example Why:

A Reward: Alternatives -*Put the money that you are using to buy that cigarette
can be put towards personal pampering, dinner out, mini vacation!*

SMOKING LOG

Record the time and event at which each cigarette is smoked.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am							
7:00am							
8:00am							
9:00am							
10:00am							
11:00am							
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm							
6:00pm							
7:00pm							
8:00pm							
9:00pm							
10:00pm							
11:00pm							
12:00am							
1:00am							
2:00am							
3:00am							
4:00am							
5:00am							
TOTAL of Cigarettes							

M-after a meal	C-after/with coffee	W-while working	O- Other
A- with alcohol	R-at restaurant/bar	F-socializing with friends	
Sn - after a snack	T- after /with tea	D- while driving	
Sx- after sex	P- before answering phone	Ds- De-stress	

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10:00pm							
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Jackie Hofmann BIO

Jackie Hofmann is a Certified Clinical Hypnotist accredited through the National Guild of Hypnotists and the International Hypnosis Research Institute. She is also certified as a Practitioner of Neuro Linguistic Programming, Touch for Health and Meridian Tapping Techniques.

Jackie is also certified in the following fields of special Hypnosis Techniques:

- Sports and Performance specialist
- Pain Control and Management and Emergency Hypnosis
- Advanced Regression
- Mind body Healing
- Stress Reduction

Before her active career in alternative health practises she was an Elementary School Teacher in Ontario Canada.

Her curiosity of the mind and the brain that houses it, has lead to ongoing deeper studies in this fascinating field of health sciences and the ever evolving new findings that are just now being revealed and the impact that it has on our everyday living.

She has a private practice in Ontario, Canada where she resides with her husband.

Jackie's favourite quote:

" I am still learning." Michelangelo

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- ***Untold* RICHES ~ Freedom & Wealth by Self Hypnosis**
- **Golfing Excellence ~ SLEEP to Great GOLF**
- **Butt *OUT* SEX & Beauty *IN* ~ STOP SMOKING FOREVER**

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Appendix

*Purchase these MP3s
and begin positively changing
Your life forever.*

Related Recordings

Hypnotic

Smoking Release This recording offers your subconscious mind a choice of going to sleep, if that is appropriate, or awakening if you are listening during your day and wish to become alert and active. It also emphasizes relaxation so is excellent for stress relief while also strengthening your commitment to quitting smoking.

Rainbow Escape This recording is only 17 minutes long and brings you out of trance with an awakening ending. It is meant to be used during coffee breaks and lunch hours, or any other time you need a quick boost and alternative to lighting up that cigarette! It is an excellent quick stress diffuser!

Additional Recordings:

- **Cleanse Away your Smoking Habit**
- **Erase your Smoking Habit**
- **SMOKING Cessation**

Subliminal

SILENT – STOP SMOKING: When you don't wish others to know you are trying to quit. You hear nothing but the subconscious mind hears the voice track buried below the conscious level of hearing.

Other Recordings:

Instructional Guide to Self Hypnosis : Learn how to put yourself into trance and use self hypnosis as an adjunct to this program.

Check Website for current prices and sales.

<http://www.jackiehofmann.com>

Kindle BOOKS

Releasing Your Genie: "Untold *RICHES*" – *the first book in the series on 'Three steps to Self Hypnosis' which is quite helpful in self empowerment and teaches you self hypnosis.*

SKYPE Session Options:

- A) 1 hour Session that includes a Personality Evaluation on how you communicate which will assist you in quitting and a Tapping session on the hurdles you are encountering or the 'road blocks' to your success.
- B) 2hour Training Session on Emotion Freedom Technique (EFT) or referred to as TAPPING. Learning this technique individualizes the Butt OUT program that aids in the goal of reaching towards 90% success as found in my In Office approach.

If you have any questions, comments, desire information on pricing and setting up a Skype Session(s) or require help please contact me at this email address:

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