

# Stop Smoking or Vaping

Leave the habit behind



Hypnotherapy  
& Mindfulness  
Solutions



# I'm Carol, owner of Hypnotherapy & Mindfulness Solutions

## Support to help you become a non-smoker

I offer an approach designed to leave you free of the desire to smoke that also tackles the unconscious aspects of an unwanted habit. As a certified, registered clinical hypnotherapist, mindfulness instructor and a qualified Stop Smoking Hypnosis Practitioner, I will work with you to provide you with highly focused techniques, personalised to your wishes and needs, to empower you to become a non-smoker or stop vaping, and move forward into your habit free life.



# About

## **Break free from a habit that robs you**

You will have your own reasons to be reading this and thinking about, or being ready to stop smoking or vaping. Imagine what would be in your life if you were free from smoking or vaping?

Maybe you have tried willpower, gum or patches in the past. Perhaps you stopped smoking or vaping for a time, but now you find yourself back in that habit that you really don't want.

If you have reached that point in your life when it's time to act and live your life free from your habit, then the Smoking/Vaping Cessation Programme could be just the way to help you quit now.

Hypnotherapy can help you stop smoking or vaping in a whole different way to free yourself from the habit that's stealing time, health and money from you.



**NO SMOKING  
NO VAPING**

# Testimonial

“Just through yourself in and give it a go.”

Jim, Stop Smoking Client

# Case Study

A case study for a Stop Smoking client is available to read [here](#).



# Services & Fees

## **Stop Smoking or Vaping options available:**

Stop Smoking or Vaping Programme £150

Individualised Stop Smoking or Vaping Programme providing you with practical techniques to break your habit. The programme includes:

- Personalised pre-programme consultation
- Your stop smoking/vaping preparation plan
- One personalised, empowering hypnotherapy session
- Smoking/vaping its management information & self-help materials
- A hypnotherapy Mp3 audio to enhance mindset change

20% discount for NHS, Care, Emergency Services, Armed Forces.





# Extra Info

## **Free Initial Consultation**

To help you to decide if working together could help you, I offer a no obligation free phone call. This is a chance to explain the help you want, find out more about how we can work together and ask any questions you have. Please contact me to book.

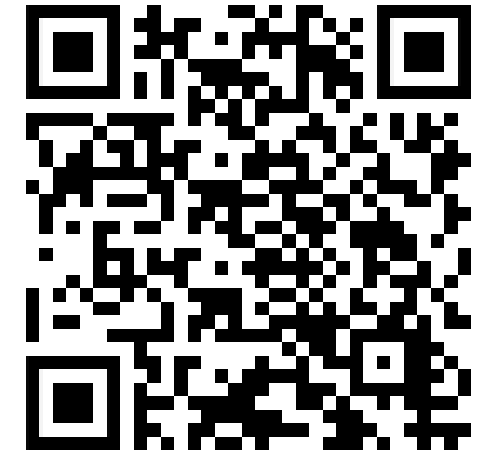
# Contact Me

For further details or to make a booking:

- T: 07305 810935
- E: [enquiries@hypnomind.co.uk](mailto:enquiries@hypnomind.co.uk)

To visit the website:

- [Hypnotherapy & Mindfulness Solutions](#)
- Or scan the QR code



***Disclaimer: Results may vary from person to person.  
Hypnotherapy is not suitable if you have epilepsy, psychosis or a personality disorder.***