

Unique approach

Since hypnosis was approved as 100% safe by the British Medical Association in the 1950s, hundreds of thousands of people around the world have used hypnosis to make wonderful changes in all areas of their life: to stop smoking; lose weight; eradicate phobias eliminate negative emotions, gain confidence, self esteem, and much more.

This fully developed and successful advanced process combines the best of Advanced Hypnosis with NLP (Neuro Linguistic Programming) technology. It helps you achieve the most amazing positive results in what seems like an instant.

Sounds too good to be true? The good news is that you do not have to make any commitment to go ahead until you are as comfortable as you want to be. We want you to have enough information to know that this will work for you. If, after hearing a full explanation and seeing all the evidence, you are sure it feels right then we go ahead. If not, then it's free - no charge - we shake hands and you walk away without it costing you a penny. The reason we make this unique offer is that we know our well developed, powerful Advanced Clinical Hypnotherapy works.

How safe is hypnosis?

Our minds work on two levels - the conscious and the unconscious. We make decisions, think and act with our conscious mind. The unconscious mind controls our habits, feelings and internal thoughts. By using Advanced Hypnosis we work directly with you to quickly and easily change unwanted habits of a lifetime, for a lifetime.

You cannot be made to do anything you do not want to; you will not reveal any secrets to us.

Advanced Hypnosis can only help you if you want it to. It can be used to help you stop smoking, lose weight, control feelings, eliminate negative emotions and to fulfil your potential in sports, work and life.

Most people are surprised at how easy Advanced Hypnosis is, and how they stay in complete control at all times. You will be able to hear every word, think and be in control throughout the session.

Because smoking is a habit it is controlled by the unconscious mind. Since Advanced Hypnosis and NLP work directly with the unconscious this is the only method that makes sense. Let us show you how easy it can be. We can help you effortlessly change to the healthy lifestyle of a happy non-smoker - *it only takes one hour to quit.*

Hypnosis is a safe, relaxing and enjoyable experience.



Freephone: 0800 0 19 13 66 NOW

Why choose us?

We have over 25 years of combined experience helping people to develop themselves. We have a fully proven (over 95% success) advanced system to **stop you smoking in just one hour.**

Our hypnotherapists use the most advanced techniques of clinical hypnotherapy and NLP technology. We are full members of the General Hypnotherapy Register of Great Britain assuring the quality of your positive experience.

Our friendly and professional hypnotherapists are all past smokers who fully understand the difficulty in stopping and trying to control the smoking habit. This tried and tested successful system has been carefully developed to ensure that you experience the elation of being a non-smoker. Our unique and foolproof **back-up support** means you will never have to smoke again. If, after your hypnosis session you have a craving that you cannot deal with then all you do is call us on a dedicated number and using **Voice Change Technology (VCT©)** we will eradicate that craving for you over the phone. This back-up support is to the best of our knowledge unique to Three Counties Advanced Hypnotherapy Centres. It doesn't matter whether you call two weeks or three years after your session, we'll take care of it - **free of charge.** We stand by our work because we know that it works.

The reason we can offer **free back-up support** is because the successful systems and techniques we use have a consistently high success rate. Literally **95%** of people reported stopping smoking in one hour and many of the remaining 5% reported stopping after the free back-up session.*

*As reported in a study of 300 people interviewed by telephone after 6 months. (report available to view in our office)

Don't just think about your health and peace of mind. Think about your wealth as well.

Fact: A 20-a-day smoker spends over £1,700 per year and over an average lifetime will (allowing for inflation) spend around £100,000 on tobacco. Save more than your money now. Make an appointment for the best investment you will ever make.

In several highly respected surveys, the gap between smoker and non smoker is getting wider. According to statistics, smokers die 10 years (an extra 3650 days and nights) before non smokers. Why not invest just one hour in finding out how you can extend your life by years the easy way in just 1 hour?

You don't have to imagine your life being freer, better, healthier, wealthier, cleaner and easier as a non smoker, because you can have that life now with Three Counties Advanced Hypnotherapy. It's never to late to stop and when it's this easy, why wait?

All you have to do is pick up the phone, make an appointment and keep that promise to yourself, from then on you can relax - your smoking problem is solved once and for all.

Get your freedom back for good - for life - the easy way.
Why not make it the very next thing you do?

CALL 0800 0 19 13 66 NOW (24hrs)

Three Counties Advanced Hypnotherapy Centres
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Central Milton Keynes, MK9 2EA
Telephone: 01908 30 78 78 Website: www.3cahc.co.uk

FREE
PLEASE TAKE ONE

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stop smoking
in just **one hour**
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95% stop smoking in just one hour

Imagine...

Simply imagine for a moment... How wonderful it would be to hear yourself saying "no thank you," to a cigarette "I am a non-smoker", and then with a smile feel really good about yourself. Can you imagine just how pleasantly surprised your family and friends will be? How much better would you, your clothes and your breath smell? Imagine, you get out of bed, take a deep breath and feel new energy levels that you may have thought you never had. How much more time will you have by not smoking? All the worry that smoking causes - just gone - and replaced with positive good feelings. **The good feelings that come from knowing you are a healthy, happy, wealthier, non-smoker for life.**

In our 25 years combined experience working with hundreds of clients, we have found that clients delay making the decision to book an appointment because of their negative experiences with trying to stop in other ways. Many people delay taking action because they mistakenly believe that stopping smoking has to be difficult, painful and hard, or that you will put on weight, get angry and upset. Let us put your mind at ease and show you how easy stopping smoking can be.

"Thank you for helping me to become a non-smoker - I'm happy, healthy and successful."

"This service is a real lifeline, to be able to obtain freedom at last."

"The service is excellent and powerful - well worth the time and money."

"A very pleasant way to get rid of an unpleasant habit, I'm feeling more confident and sure of myself now that I don't smoke anymore."

"This is the best thing I've ever done for myself - I feel happy and free."

"I feel alive and full of energy. Excellent service, thanks."

"Thank you for the new me. A non-smoker for the rest of my life."



We make it easy...

By using our unique Advanced Clinical Hypnotherapy Programme, you will understand why craving, irritability, overeating and those other negative experiences associated with stopping smoking are things of the past.

Of course many people are sceptical, possibly because they have failed so many times with willpower, patches, gum, pills, books and needles that just haven't worked - and who can blame them?

When you make a no obligation appointment to see us, you can actually come in with a craving for a cigarette, and you then experience how **powerfully and easily we destroy that craving** - only then do you need to decide whether this is going to work for you. By making the positive decision to go ahead you will win back full control of your life... the freedom of being a non smoker.

Your stop smoking appointment will last about two hours, including a full and free consultation. Of course you will get a full and complete explanation of Advanced Clinical Hypnosis and how safe and effective it is. We encourage you to bring all your questions with you, and we will answer them all. We want you to understand exactly how our easy and successful system will work for you. We will only go ahead when you know that this will work for you and you are as comfortable as you want to be. You will be just one hour away from leaving our professional offices an elated non smoker - and our unique guarantee means you will stay a non smoker for the rest of your life.

Because it is 100% safe, hypnosis is now used in many, many areas, including medicine (healing and childbirth), professional sports (athletics, rowing and golf), education (learning difficulties and exam stress), all the way through to alleviating fears, phobias and negative emotions. It is *absolutely impossible* to get stuck in hypnosis. Even clients who have felt they would not be able to relax have found our session to be the most relaxed they have ever been. If you have ever day-dreamed or lost track of time (i.e. been driving and not fully remembered the journey), **you can be hypnotised - but only if you want to be.**

Unconditional back-up support

Have you ever wondered why many of those other methods of giving up smoking offer no guarantees? Is it that no-one else has ever thought about it - or because they just don't work in the short, medium and long-term? Our unique system has such a high success rate, that we are able to offer you this guarantee. Once you have read some of the hundreds of testimonials from our clients - all happy non-smokers now - you will easily understand why we are able to offer this support.

Our unconditional back-up support means that you never have to start smoking again. If you even get a craving, simply call us - we will then help you to eradicate that craving, and destroy it once and for all. With one free phone call you can continue your freedom and your life without the hassle of smoking or having to come back to our offices. If, in the unlikely event we cannot destroy it, you can pop into our offices again totally free of charge. No other product or service offers you this unique and powerful support. **You can now be free from smoking for the rest of your much longer, non smoking life.**

"I can't believe I've actually stopped smoking and it's been so easy - hypnosis is brilliant!"

"It's just so easy - what took me so long to do something about it?"

"I'm pleased with myself to have kicked this dirty habit."

"Now I don't have the urge, I don't have to struggle. The fight has gone - I know I will never smoke again."

"I only wish I had found out about you before."

See hundreds more testimonials in our offices or at www.3cahc.co.uk

£15 off

This voucher entitles the bearer to £15 off the total cost of a Three Counties Advanced Hypnotherapy session.

Only one voucher may be redeemed per session. Please present this voucher on the day of your appointment to claim your discount.

For office use only. Ref: Del/05/

Cash value 0.01p

Freephone: 0800 0 19 13 66 NOW