

At the Garrett Hypnosis Center, quitting smoking is easy! We recommend three hypnosis sessions approximately two weeks apart. At your first session, you will be introduced to hypnosis by watching a video that explains the hypnosis process. Then you will meet with Larry and discuss your habit of smoking. After your review of the aspects of your habit, you will be taught techniques of self hypnosis to reinforce the hypnosis at home. You will then be hypnotized for about one hour. During the hypnosis, you will be given instructions called suggestions. These suggestions will be based on the discussion you had with Larry.

The second and third appointments will reinforce what you have accomplished. You will meet with Larry again to discuss what has happened since your first appointment. This will help assure you will not substitute food for smoking and will remove any slips or cravings at specific times that may have been missed on the first session. Even though most people leave the first session not smoking, it is very important that you follow up to make sure any weak areas are reinforced so you do not return to smoking.

Your expectations can be that you will leave with few or no urges. You might view this process as a learning experience rather than a treatment. You will learn to not have urges to smoke. That may sound strange at first, but imagine how well you know what it feels like to crave a cigarette or cigar. Now imagine that you do not know what it feels like to not crave a cigarette. You will learn to not crave. You will leave the office the very first time, assuming you follow the instructions that you were given, knowing the feeling of not craving. Sound too easy? Well, imagine that hypnosis communicates to the part of your mind that feels not thinks. That implies that you will learn to feel a freedom from smoking by not feeling the urge.

Do we guarantee that you will quit smoking? That question reminds me of the motivation that you need before you make your appointment to come in. The success of hypnosis is based on how motivated you are to quit smoking. The greater the motivation, the greater the success! If you follow our instructions and do what we ask you to do, you will quit smoking.

In conclusion: Call only when your ready to quit and you will have a very successful venture. For general information about hypnosis, please download our booklet.