

GOOD HEALTH ADVICE

Stop smoking in just ONE hour

By VALERIE AUSTIN

FROM my experience of helping more than 3,000 smokers around the world to give up, I have found that hypnosis has a much higher success rate than any other treatment.

Over the years, I have honed my own technique so that I now have a 95pc success rate, and have also found it is possible to cure someone of smoking in just one hour-long session.

Everyone is susceptible to hypnosis, though some more than others. The most important thing is for the smoker to genuinely want to give up.

I use a perfectly safe 'mind reprogramming' technique to change people's attitude to smoking, and to shift the satisfaction they get from smoking to something beneficial to them. But it is also possible to hypnotise yourself.

Below is a step-by-step guide to creating your own cassette tape for self-hypnosis. You can stop smoking in one hour, or as long as it takes to play the tape you prepare from the following instructions.

There are three stages to self-hypnosis:

- Progressive relaxation — a set of words to induce a trance state.
- A stop smoking recorded script you listen to while in the trance state.
- Counting yourself out of hypnosis.

All of the above can be

recorded with your own voice on one cassette, which you should play when you are sitting or lying comfortably.

There should be no distractions, so you may need to take the phone off the hook. When taping your voice, you need to be slow and monotonous.

You may prefer to hypnotise yourself every day for three weeks, or you may find that once is enough.

My book includes a suggested script for progressive relaxation, but you can

simply buy one of the many relaxation tapes available and record it in your own voice for the beginning of your stop-smoking cassette.

Relaxation techniques will create a hypnotic state, by slowing down the brain waves, even if the word hypnosis is never used. When you listen to the tape, don't worry about whether you are achieving hypnosis; just let your mind drift with the words, and it should happen.

There is an aversion therapy

script in my book which I often use at this point to increase the effectiveness of the stop-smoking suggestions.

The aversion therapy helps the mind experience the unpleasant side of cigarettes, such as the stale smell of the smoke, so when you return to a normal state the thought of a cigarette repulses you even more.

TO HELP bring yourself out of hypnosis, use the counting out script to count backwards from ten to one.

'In a moment, I am going to count from ten to one, and at the count of one you feel fully aware, fully alert and your eyes are open. Ten, nine, eight — coming up now — seven, six, five — more and more alert — four, three, two, one: eyes open.'

With this form of suggestion hypnosis it may work immediately, or you may feel more comfortable hypnotising yourself daily for up to three weeks.

If you have no desire for a cigarette after one session, there is no need to continue. Keep your cassette handy and if you feel you want a cigarette in the future, just reinforce your resolve with another session.

■ **EXTRACTED** by Cherry Maslen from *Stop Smoking In One Hour* by Valerie Austin (John Blake Ltd, £5.99). © 2000 Valerie Austin.



Smoke-free: Self-hypnosis can reinforce your resolve

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Stop smoking script

THE following script is the basis of my Stop Smoking In One Hour programme, and has been used successfully for many of my clients. The full points in between phrases represent pauses.

'You have made one of the most important decisions of your life...to save your life...by giving up smoking...giving up polluting your lungs...your lungs perform one of the most important functions in your body...without them you cannot breathe...it is essential for you to keep your lungs clean and fill them with fresh air...so you can live...and be healthy. Your body has to cope with pollution from the air that you breathe...your lungs are adaptable and can cope are sucking in from each cigarette...is weakening your insides...your mouth...your throat...your lungs...your stomach, and your blood...and the dangerous chemicals sprayed on the tobacco as it grows are used to kill insects...and now are slowly killing you...you have been forcing people around

you...even young children...to breathe in your extra pollution...you have been ignorant to how unsociable it has become...no more...now you care about yourself and the people around you. From now on...you will find that you are more and more conscious...that smoking is bad for you...you are more and more aware...of the damage it is doing to your health...that it is increasing...by many times your chances of dying...a horrible and painful death...from cancer or heart disease...and you are aware of this...is a long way off...but you know it may...catch up with you eventually...if you carry on smoking...you know that smoking is doing serious damage...to your limbs and arteries. You may fool yourself...that this...is a long way off...but you know it will catch up

with you eventually...you know that smoking is doing serious damage to your fitness...you hate the unpleasant taste in your mouth and throat...you hate the way smoke makes your hair and clothes smell...especially when you know that other people around you...are noticing it too...so many people have been able to give up now...and they notice it more when you smell of smoke...even being beside you makes their own clothes smell. You know that deep down you can cope easily without it...you know it is only making you more tense...it is no longer sociable, in fact the smoker is now a misfit...a danger to non-smokers. You find the thought of a cigarette...so disgusting...that you do not want to even pick one up...from now on you cut off

any urge to have a cigarette...before it even strikes you...by relaxing...and slowing down your breathing...as you do this the urge to smoke...disappears...your subconscious is finding ways to get rid of your smoking habit...redirecting the satisfaction...to a good habit...more advantageous to you...you have no desire at all from now on to smoke...you just don't need it any more...your inner mind finds safe and effective ways to rid yourself of this...revolting habit...and as your complete mastery...over your former smoking habit increases...you become proud of your self-control and willpower...your throat feels better...you feel more like eating healthy foods...you are protecting your body...from the poison of further smoking...your resistance to illness and disease increases day by day...now just take a deep breath...and relax...now take a deep breath...and relax.'