

## STILL "TRYING" TO QUIT SMOKING?

What would it be like to see someone else smoking and realise that *you* have *no need, no want, no desire* for smoking? This experience could be yours.

This intensive and proven hypnosis program makes it much easier. Your chance of success increases, dramatically, because we customise the process to your needs and then add in some of the latest breakthrough techniques. This means *if you really want to give up*, you could be free from smoking, comfortably and effectively.

*"Thank you for your recent letter [to follow up the single non-smoking session]. I would like to just say that I have been off the cigarettes since my visit to you [since January 2006] and I haven't looked back"*  
- Dave Limburn

As long as it is your decision to stop smoking, then this program lets you be the non-smoker you were born to be. A large number of people are completely successful after just a single session using this intensive customised system to stop smoking. When those few who weren't initially successful come in for a FREE backup session (within 3 months), the success rate goes through the roof.

Please feel free to contact me if you have any questions about hypnosis and how it could help you break a habit or gain confidence to succeed in all areas of your life. If you have any questions that would help you put your mind at rest about the change process, I would like to hear from you.

## CLIENT TESTIMONIALS

"In the past two months, I am like a different person. I have become more confident in myself, more relaxed and can cope with stress much more easily. I can't believe how relaxing your sessions are and how far I've come." - Louise Fricker-Billing

"Hi Richard, I just wanted to let you know that two weeks on the non-smoking is going great guns. All my cravings are gone, I feel so much healthier and I never want to pick up another packet of cigs! Thanks for your help." - Mark Templeton

"I certainly didn't expect to be as convinced by his methods as I was. I did feel better about myself." - Laura Wright,  
South Wales Echo, June 2007

"Since I first started coming to see you I have now lost a stone in weight but more importantly for me I managed to get through an incredibly stressful time over the last few months without binging."  
- Lisa Brown

"The fear [of flying] has completely gone and I feel so much more optimistic. I can't believe how this has knocked on so positively into other areas of my life."  
- Rhian Edwards

"I can honestly say that my confidence is improving by the day." - Clare

**I was referred to Richard by**

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## Richard Haggerty BA (Hons)

Certified:-  
Master Hypnotherapist,  
NLP Master Practitioner,  
NLP Trainer,  
Life Coach

Based in Cardiff

**AS FEATURED IN "THE  
WESTERN MAIL" & ON  
BBC RADIO WALES**

# HYPNOSIS

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[www.HypnosisCardiff.co.uk](http://www.HypnosisCardiff.co.uk)

## PHOBIAS, FEARS & ANXIETIES

I could help you clear fears, panic attacks and allergies with hypnotherapy, EFT and NLP techniques. Clients consistently report long-term benefits from as little as 5 sessions.

## WEIGHT CONTROL

Train yourself to burn off those extra pounds, increase your metabolism, break cravings and easily establish positive new habits. Learn to develop increased motivation to exercise. Sessions last approximately one hour.

## STRESS MANAGEMENT

Learn to manage stress and relieve symptoms with cutting-edge techniques.

## SPORTS PSYCHOLOGY

Improve your tennis game, your golf swing or any aspect of your performance with proven professional sports coaching.

## TEST AND EXAM ANXIETY

Anyone suffering from anxiety that paralyses is able to benefit from hypnosis. The benefits of correct assisted mental preparation are the same as for athletes.

## LEARN HYPNOSIS WITH ME

I offer one-to-one and small group hypnotherapy training and supervision in a safe, supportive and relaxed environment. You will be able to start using your new trance skills in your very first lesson!

## CERTIFIED NLP PRACTITIONER TRAINING

Are you thinking of learning Neuro-Linguistic Programming (NLP) or Hypnosis? Did you know that I offer private and small group (10 or less) certified NLP Practitioner and Master Practitioner training courses? Contact me today for more information.

## LIFE COACHING

I have over 12 years' experience of life coaching to assist people in making changes and achieving their goals. I can also offer you coaching support over the telephone - in the convenience of your own home or at the office.

## ALL PROBLEMS CONSIDERED

Confidence, self-esteem, blushing, nail biting, interview technique, stress management, sports performance improvement and study (including exam "nerves" and driving test theory/practical).

For more information please visit:-

[www.HypnosisCardiff.co.uk](http://www.HypnosisCardiff.co.uk)



## HOW CAN HYPNOSIS HELP YOU?

Hypnotherapy is a powerful, proven way of treating a wide range of problems. It could assist you in gaining relief from fears and phobias, as well as control weight.

You don't realise it yet, but booking hypnotherapy may be the best thing you have ever felt motivated to do. As you look back on increased confidence and a sense of wellbeing, imagine how incredibly valuable those hypnotherapy sessions have been now.

As well as helping you gain relief from panic, fears, or anxiety about giving a speech, hypnosis can also help you lose weight, quickly and easily. Picture yourself fitting comfortably into your dream dress or ideal suit, and feeling confident in front of friends and colleagues.

You're probably wondering whether you can go into trance. Just remember whether you have ever drifted off, started to daydream, or been driving and forgotten the last hour. And it'll become clear now how many times you naturally *enjoy trance* each day!

You have nothing to fear from hypnosis and everything to gain. You are always in control. I create a calm and comfortable setting where you are *naturally motivated* to make the changes you want.

Now, I can almost hear your mind saying, "I am interested in finding out more. What should I do now?" Call now on 02920 193978 in confidence for a free informal chat and to ask any questions you have. I would like to hear from you.