

7 Tips to Stop Smoking Now.

By Jenet Kirby

Do you know someone who smokes? Someone you care about? Is it you? Well, Congratulations for getting this far.

Just imagine what it would be like to be a non-smoker... smelling fresh, looking great, feeling healthy and comfortable and at ease.

Wouldn't it be wonderful to say, "I am a non-smoker"?

Here are 7 tips to help you Stop Smoking now.

1. Be clear about what you want. That is, know that you want to be a non-smoker. Be very certain in your mind.
2. Why do you want to be a non-smoker? Do you want to be healthier? Do you want to look even better than you do now? Are you tired of being the odd one out, the unsociable one? Is it for someone else too?
3. Get yourself excited about being a non-smoker. Look forward to it. Think about what your life will be like not smoking. Imagine how good you will look, how fresh you will smell, how energised you will feel,
4. Be focused. This is it.
5. Be committed. Make a date with yourself to stop smoking and stick to it. Enlist support from others.
6. Start moving forward. Prepare yourself for the new you.
7. Take action. Do it now!

If you want to quit, but don't have the will power, what about hypnosis? It is gentle and non invasive. Hypnosis helps you to take back your control.

Think on this... If you can stop smoking, what else are you capable of?