



Smoke-Free & No Buts!

By Geoff Ibbotson, Ann Williamson, Ann. Williamson

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A manual specifically designed to provide the reader with novel and innovative ways to give up smoking.

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Editorial Review

Review

"By the time you reach your giving-up day, smoking will have become so tiresome that you will be desperate to stop." -- *The Times*, 1999

About the Author

Dr Ann Williamson is a GP with twenty-five years' experience in practice. She has been using hypnosis to facilitate change and empower her patients for nearly ten years, and is herself a long-term ex-smoker. Dr Geoff Ibbotson was a GP for twenty-two years before he left his practice to pursue his interest in chest medicine and the applications of hypnosis. He now carries out hypnosis on a private basis.

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Why Can't I Just Stop? So you have decided to become an ex-smoker Have you ever wondered why you have not been able to stop before? surely you can just decide what you want to do and then do it! or can you?

We would like to introduce you, at this point, to a useful model that may help to explain why this is so often difficult.

A model is not the 'truth' but an explanation based on what we know so far that helps us to understand what might be happening.

The brain has two halves which tend to function fairly independently.

The left half of the brain, which is responsible for our verbal and arithmetical skills, and is the source of our critical, evaluative, logical thought processes, is that part of our mind or consciousness that we generally use most in our day-to-day activity.

The right side of our brain, which becomes more active as we relax, is responsible for our visual and creative imagination, our intuitive and instinctive part of ourselves, and is the source of our feelings and emotions.

Normally there is little communication between these two halves, e.g. the left brain knows many good logical reasons why one should not smoke but the right brain wants a smoke (feeling), and whenever there is conflict between right and left brain the right side nearly always wins. Simply deciding at a logical level that you want to be an ex-smoker, and then expecting to be able to achieve this, is about as effective as telling someone 'not to worry' when they are experiencing a panic attack. Logical reasoning doesn't get through very well in the normal waking state to that part of our consciousness where we process our feelings.

To successfully set yourself the goal of becoming an ex-smoker and then achieve it, you need to get in touch with that part of your mind where you keep the feeling of wanting to smoke.

Over the next few chapters we will show you how to do just that.

Users Review

From reader reviews:

Joe Hessler:

Hey guys, do you wish to find a new book to see? Maybe the book with the name Smoke-Free & No Buts! suitable to you? Often the book was written by famous writer in this era. Typically the book untitled Smoke-Free & No Buts! is one of several books that everyone read now. That book was inspired many people in the world. When you read this guide you will enter the new way of measuring that you ever know prior to. The author explained their thought in the simple way, so all of people can easily to comprehend the core of this publication. This book will give you a wide range of information about this world now. So you can see the represented of the world in this particular book.

Glenn Stops:

The book untitled Smoke-Free & No Buts! is the reserve that recommended to you to read. You can see the quality of the e-book content that will be shown to you. The language that author use to explained their ideas are easily to understand. The writer was did a lot of research when write the book, so the information that they share to your account is absolutely accurate. You also could possibly get the e-book of Smoke-Free & No Buts! from the publisher to make you considerably more enjoy free time.

Elizabeth Brown:

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Richard Russell:

With this era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become considered one of it? It is just simple strategy to have that. What you should do is just spending your time little but quite enough to get a look at some books. Among the books in the top record in your reading list is Smoke-Free & No Buts!. This book which can be qualified as The Hungry Hills can get you closer in getting precious person. By looking upward and review this e-book you can get many advantages.

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