



Chapter 1: So why do you smoke?

How did this passionate relationship between you and your Cigar begin?

Do you remember the time when you and your Cigar 1st met?

Those sweet memories.

I can bet you remember consciously or unconsciously.

You see in order to move on from a constantly repeated habit, you need to have a bigger Juicier self vision.

There is a saying I learned when I was invited to speak to 15,000 faces for the International Conscious Health Revolution and Real U Holistic Self Discovery Center. It goes like this. are you ready to hear it... *"Pain cushions, until your vision pulls"*

That is right this means that even if you quit today which you certainly are in the process of doing as you complete this reading, you are gonna be missing a Major element in your life which Will create a black hole to pull you back in to that habit. you see the brain is pleasure friendly. which means that when you leave a habit that you have built so many Neuro-association with over the years, as you leave the habit alone , Your Unconscious part of you will now look for new habits to fill that void of time and space for the missing behavior (of smoking) . So the Browse button of your unconscious mind is actively searching for not only a new habit but a habit that is even sweeter and more satisfying so that it can finally fill the black hole and the feelings of void it has been feeling from the past.

This is where I talk about the importance of first deciding what you want to do with all the open time and extended energy that is gonna be available to you as you quite smoking. You see Quitting is not the hard part, it is is filling in the slot of the unconscious mind so that it does not get hijacked by the old or next negative habit.

So what am i suggesting you ask me?

well the answer is something like this.

the answer always goes back to the real authentic question of why you chose to smoke to begin with?

Fill in this statement.

I first began to smoke when I was _____old?

One new exciting habit that gives me more pleasure than smoking is _____?

I feel like a worthwhile person when i am busy doing_____?

I chose to smoke because_____.

I don't know the perfect answer to why i began to smoke but maybe it has to do with _____?

I am afraid of what to do with myself socially when i am in a crowd. The way I move my hands etc_____?

More.....

All of these statements bring about fundamental issues about the smoker.

You see the emergence of a great truth is at hand as you begin to clarify these topics. what begins to emerge is a new concept for you. You now are understanding that you are not a Smoke, you are just caught up with the behavior of smoking, but you are more than that.

Many times as i sit down with my clients in our 90 minute Hypnotherapy session (which leads to a smoker becoming an ex-smoker and receiving a non-smoker identity,) my clients ask me about what shifted that now all the sudden they are more powerful than the behavior of smoking? How all the sudden have the imagery inside of this powerful force that drives them to new and more healthy enjoyable habits?

What shifted?

the answer is always the same: I use the tools and Modalities of connecting with your unconscious mind. I bring out the Giant better self inside you to the forefront. I helped reawaken the dormant part of you to restore choice which is sanity so that you can choose a greater more fulfilling pleasure that when compared to the smoke, it just was greater. That's right you have inside you a Giant that is not happy with small pleasure like smoking. inside you somewhere there is a person that knows that there is more to celebrate than a device that allows you to breath.

I BELIEVE YOU THE SMOKER ARE THE CLOSEST PERSON TO THE BREATH OF LIFE.
I BELIEVE THAT SMOKERS ARE SO IN TO BREATHING IN THE BEAUTY OF LIFE THAT
THEY GET ADDICTED TO THE Process IT SELF.

Wow do you hear these words? You might be so into life , that you decided to breath at any cost even if it means using an instrument. Well someday it might come time to drop this instrument that acts as a blanket for a baby that has attachment going on. Someday you might

decide to learn to breath on your own without your life threatening instrument. That day can only come if you seriously realize that it has been a blessing that you have been smoking with a device up to now and that deep inside, you are a very dedicated person. Because if you look at yourself, you are willing to go to any length to breath. You went as far as grabbing a smoking instrument and using smoke and Nicotine in conjunction just to practice this type of breathing called smoking.

You see it takes effort and discipline to smoke with such dedication (instead of Breathing). So all your habits are in place. You are truly a dedicated person who will not miss on the regimen.

Chapter 2: The Shift that makes the Difference

Why stop smoking, self hypnosis works?

Studies have shown that people who try to quit smoking on their own only succeed about five percent of the time. Also the longer term smokers find it harder to quit than people who have been smoking only a few years. By using some sort of quit smoking aid your chances of success are said to increase up to sixty five percent. Then the study stated that using *free stop smoking self hypnosis* administered by a certified Hypnotherapist increased your chances of success to Eighty Six percent.

Self hypnosis is made up of some key components, a few of which include scripts, relaxation, and visualization. Making your mind open to suggestion while in a relaxed state is among the first things you learn when starting out with self hypnosis.

Before beginning self hypnosis you must have a commitment to quit smoking. The intended effect is that you will not be a smoker. You will respond more readily to your own emotionally charged suggestions during hypnosis sessions.

Free stop smoking self hypnosis, induction, relaxation, and visualization

The most important part of doing [stop smoking self hypnosis](#) is learn some good self induction methods to help you get into the deepest relaxed state.

When guiding yourself through self hypnosis you must use your own imagination to create a clear image of how you want to be: healthier, breathing better, etc. You must choose an image that links to your goal to stop smoking. You could imagine yourself as a healthy happy person breathing clearly and enjoying life.

The reason people have trouble quitting with gradual reduction is because it still keeps the

focus on smoking. Free stop smoking self hypnosis methods are aware of this and are designed to help people quit smoking. Self hypnosis method works because it leaves people with no reasons to smoke cigarettes. The subconscious mind believes what it is told.



Persuade your subconscious mind with stop smoking self hypnosis Guide by Shahin Jedian CHT, NLPP

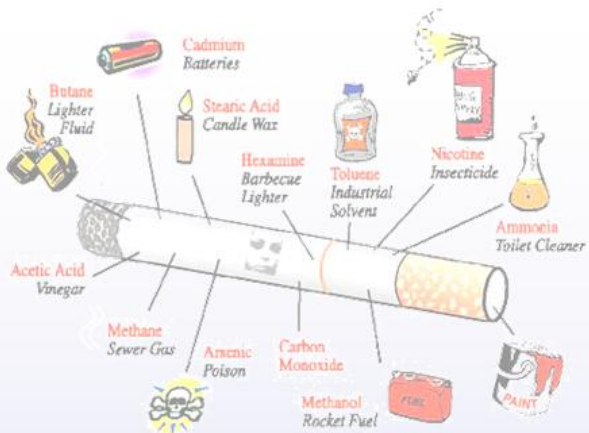
Using stop smoking self hypnosis techniques you can persuade your subconscious mind in such a way that it and the conscious mind can be in accord and not straining in contradictory directions.

Applying self hypnosis to help you in your quest to stop smoking will help your subconscious mind shortly absorb the suggestion, and you will be maintaining a smoke free life. When employing free stop smoking self hypnosis technique you are using strong motivators for desiring to stop smoking!

Visit for a Free 30 Minute Consultation to see if we are the right choice for you.

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The technology Oprah Winfrey, Tiger Woods, Anthony Robbins and Bill Gates (and hundreds of thousands of others) use to achieve consistent results most of us can only dream of.



The **Complete** Money back **Guarantee** Session with **Shahin Jedian** (including Followup sessions and all Program Material) **IS now available.**
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THE BENEFITS OF QUITTING

According to the American Cancer Society, here are a few of the benefits of quitting. Within:

20 minutes: Blood pressure decreases, and the pulse slows to its normal rate. Temperature in the hands and feet increases to normal.

8 hours: Carbon monoxide level in the blood drops to normal, and oxygen level increases.

24 hours: Breath, hair and body stop smelling like smoke. starts decreasing.

48 hours: Damaged nerve endings begin to recover. improve.

72 hours: The body is virtually free of nicotine. The bronchi.

2 weeks to 2 months: The lungs can hold more air. Exercise becomes

1 month to 3 months: Coughing, congestion, fatigue, and shortness of breath decrease. Cilia are better able to clean lungs and prevent infection. Overall energy increases.

1 year: The risk of coronary heart disease is cut in half.

5 years: The risk of having a stroke is reduced to that of a nonsmoker.

10 years: The risk of developing lung cancer is cut in half. The risk of other cancers decreases significantly.

15 years: The risk of coronary heart disease drops, usually to the level of a nonsmoker.



Smoking is Expensive Daily and Yearly Tobacco Expenditures*

Amount smoked per day	Cost per day	Amount spent per year
1/4 pack	\$0.75	\$275.70
1/2 pack	\$1.50	\$547.50
1 pack	\$3.00	\$1,095.00
1 1/2 packs	\$4.50	\$1,642.50
2 packs	\$6.00	\$2,190.00
2 1/2 packs	\$7.50	\$2,737.50
3 packs	\$9.00	\$3,285.00

*Based on an average pack price of \$3.00 per pack.

Features & **Session Benefits:**
www.iRealSelf.Com

Maximize Energy. Collapse Unwanted Memories and Beliefs. Eliminate fears, Phobias, and Addictions. Self Confidence. Resourceful Communication Strategies for Work Flow. Interview Success
Stage Fright. Recover Hidden Talents. Career Planning. Discover your Life Path. Peak Athletics. Release Weight. Pain Management. Dental / Dr./ Shots Anxiety Release
Explore and Communicate to Your Partner's Sub-Conscious Love Language. Recover Passion. Couples Therapy.

First, you need to ask yourself if you are truly addicted. If you answer "yes" to three or more of the following questions, your smoking may be more than just a compulsion.

- Do I smoke everyday?
- Has a doctor or dentist ever suggested that I stop smoking?
- Do I find it difficult to imagine life without smoking?
- Do I smoke to escape from boredom and worries while under stress or pressure?
- Have I felt physical or emotional discomfort when trying to quit?
- Do I buy extra tobacco supplies to assure that I will not run out?
- Do I prefer activities and places that allow me to smoke?
- Do I inwardly feel ashamed of myself because of my smoking?
- Has my smoking caused a problem at home or in a relationship?
- Do I ever find myself lighting another cigarette without consciously deciding to have another?
- Do I feel that my life would be better if I did not use tobacco?
- Do I continue to smoke even though I am aware of the health hazards associated with smoking?



The Quit plan is not about willpower or smarts, rather it is an Identity Shift to a **Non Smoker**. Hypnoterapy and NLP allows you to access the **Sub-Conscious mind** which is where **Habits are actually stored**. By using specific language we can instruct the mind to become a non smoker rather than an ex-smoker. NLP is the **science of how the brain incurs learning and experience**. It is the **key to achieving goals with excellence**.

Testimonial of Benefits:

"I was the biggest Skeptic for Hypnosis. I attended Real U Center. I met with **Therapist Shahin**. It is an awake **altered state where I felt free** to access that parts of me that knew how to be smoke free. My concern with weight gain was taken care of as he offered me a free weight release session in case of gain. He simply opened me up to my best possible states. He **guided me with my own imagination to access my Pre-Smoker identity** and Empowered that as my new self. He also anchored a new behavior for my nervous fidgety hands. Today I have better habits. In the first week I still had the urge but it slowly went away as I had the resources **awakened inside me for a better lifestyle.**"
Jeff Brown.



Shahin Jedian is a *Certified* Clinical Hypnotherapist and a Neuro-Linguistic Practitioner (NLP). He is a Member of the association of *Integrative Psychology*. He has trained with *Dr. Matthew James PHD* at Kona University. He also has trained with the Tony Robbins system of Neuro Associative Conditioning. Shahin is the Co-Author of the *NY Times Best Seller* Recommended book Finding inner Happiness and *Smoke Free Inhale*. He is the Creator of the *Cellular Inception* Technology. Shahin Presents Seminars Worldwide at the YMCA, Bodhi Tree, Mystic Journey, Barnes and Nobles and the Media as seen on TV.



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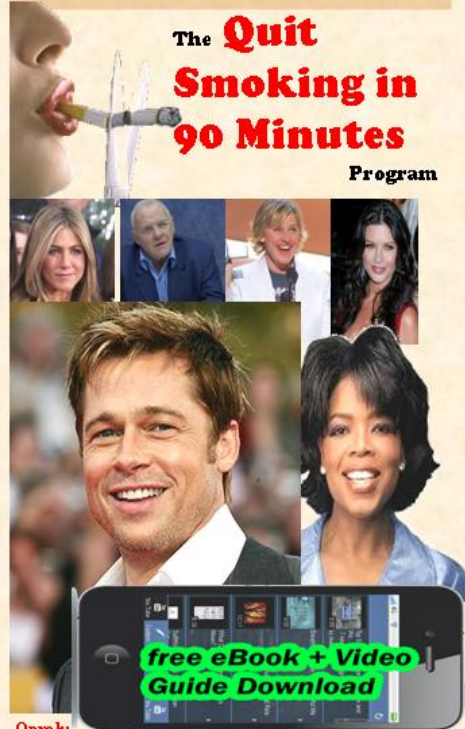
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Session Central Location: 1600 S. Coming Street
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Real U Holistic Self Discovery Center Presents:

The Quit Smoking in 90 Minutes Program



Oprah:

Matt Damon, Ben Affleck, Brad Pitt and countless others only succeeded to become a non smoker through Hypnosis and NLP. Will power is not enough, because the imagery of the behavior remains active in the Sub-Conscious.

Success Rates Percentage:

- Gum = 2%
- Patch= 5%
- Talk Therapy 30%
- Hypnosis alone = 60%

Hypnosis+NLP= 98% Success Rate