



How To Use Hypnosis To Quit Smoking or Stop Chewing Smokeless

By Alan B. Densky, CH

Introduction By Alan B. Densky, CH



Hypnosis, thanks to the stage, television, and many movies, the very word conjures up an image of a bearded and diabolical hypnotist swinging a pocket watch in front of his zombie like subject's face. Or of people who are barking like dogs or clucking like chickens, or acting in some other strange manner.

Too bad! Because the misconceptions caused by stage and TV have frightened many away from benefiting from this wonderful and powerful modality that is just as natural as breathing.

Alan B. Densky, CH is certified by the NGH and has specialized in the practice of hypnotherapy and NLP since 1978. He offers hypnosis & NLP CD's for a wide range of symptoms. He is the developer of the only video hypnotic process to have ever been awarded a US Patent. You are invited to visit his **Neuro-VISION** Hypnotherapy & NLP site for free resources like the hypnosis research library, free hypnosis videos, and free MP3 downloads. You can also visit his Hypnosis Video Blog for tips & tricks.

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Quit Smoking or
Stop Chewing Smokeless**

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Chapter 1: The First Of The Three Components Of The Addiction

Thank you for reading my e-Book on how to use hypnosis to quit smoking or stop chewing smokeless. I promise that you are going to learn a lot of valuable information that will help you to permanently break this addiction. And don't worry; you won't have to suffer through withdrawal. And you won't have to gain weight either!

Yeah, yeah, I know that you've heard that before. But I guarantee you that I have the answers that you've been looking for. I'll be perfectly honest with you. I'm a hypnotherapist, so obviously I'm going to relate the tasks that are required to quit smoking or stop chewing, to how hypnosis can help you to easily accomplish those tasks.

For simplicity and brevity, I will only use the term-quit smoking from this point on. However, whatever I say about quitting will also apply to breaking the smokeless addiction.

It will be much easier for you to permanently quit smoking after you understand your current behaviors, and what compels you to perpetuate those behaviors. So let's get on with a little bit of education before we get to the "Good Stuff," or exactly how you are going to quickly and easily quit smoking permanently!



When you went to school, you were taught lessons in a progressive manner. Each new lesson was based on your having mastered the previous lesson. Similarly, with this program, you will learn several ways to control, and then eliminate your problems and symptoms. You'll learn how to have the

thoughts that create cravings for cigarettes, actually eliminate cravings for cigarettes. You'll also learn how to have the thoughts that create stress, automatically eliminate it.

The Three Components Of A Smoking Addiction

The first component is Relaxation & Pleasure, which makes up about *45% of the smoking addiction.

When an infant cries, its mother usually picks it up and puts a bottle in its mouth. The baby becomes distracted by the bottle, forgets about being cranky, becomes relaxed, and often falls asleep shortly thereafter.



About thirty-three times every day and night, the baby wakes up and cries. The father says, "It's feeding time again; you get him." The mother puts the bottle back in the child's mouth; it gets distracted again and relaxes, and falls asleep. So the child's "computer," the subconscious mind (I call it the unconscious mind), is programmed. When something goes into the mouth, the child receives relaxation and pleasure from it.

And as an adult, when you feel stressed, you would look pretty silly walking around with a baby bottle in your mouth. So you do the intelligent adult thing: You stick a poison cancer stick in your mouth instead!



Here is a little trick: The best thing that you can do for yourself is to visualize yourself as a healthy person who has never smoked a cigarette. See yourself in all of the situations that you "used" to smoke in, but see yourself as a non-smoker. Picture all of the good things that you would like to have happen for you because you are now a non-smoker. Do this exercise on a daily basis.

Okay, so as we've discussed, the first component of the addiction is that cravings are caused by stress. So now I'm going to talk about how to eliminate the cravings for cigarettes that are based in stress. Along the way you're going to learn a "way cool" mental exercise that you can use to produce instant relaxation. Once again, I'm going to reassure you, there are ways for you to quit, and not have to suffer through withdrawal. And you won't have to gain weight either!

There is a law of nature, called the law of equal exchange. The law states that if a person wants something, they must pay for it with something else of equal value. If you're out shopping for clothes, and you find something that you would like to have, you must pay for it with something else of equal value, which in this case is money.



The Trick To Eliminating Stress Induced Cravings

If you are smoking for relaxation and pleasure, and you want to quit, then you have to substitute some other behaviors that will provide the same exact relaxation and pleasure, in place of your cigarettes. You will need to substitute behaviors based on the following criteria:

- 1) They must be as effective as smoking is at providing the relaxation and pleasure.
- 2) They must be as available as smoking is (can be done almost anywhere on the spur of the moment) for providing the relaxation and pleasure.
- 3) They must be more consciously acceptable than smoking is, for providing relaxation and pleasure.

Are you wondering how you are going to accomplish "The Trick?" Hypnosis? What else? But NOT the kind of hypnosis that you are probably thinking of. Not by using post-hypnotic suggestions in the traditional sense, because for most people, post-hypnotic suggestions will definitely NOT work! Do you hate to be told what to do, like most people? If so, programs that use post-hypnotic commands and suggestions are NOT going to help you one little bit.

A Mental Exercise To Automatically Eliminate Stress

Remember the most beautiful sunset that you've ever seen. If you can't remember one, fantasize one. But just see the sunset. Don't picture yourself or anyone else in the image. Put in the colors of the sun and the sky, and imagine the comfortable temperature of the air against your skin.



Finally, recall the smells and any of the nature sounds that you heard. Please take a few moments and do this exercise right now.

If you did the exercise correctly, then your thoughts made you feel nice and relaxed. ***The source of our feelings is our thoughts.*** So just as thinking about a sunset made you feel more relaxed. The source of happiness, joy, peace, sorrow, stress, and upset is a person's thoughts!

The essence of hypnosis is relaxation, so by learning and practicing self-hypnosis, we can dissipate most of the tension that causes our oral cravings.

The **Neuro-VISION** Video Hypnosis Technology trains your mind thru computerized digital optics, to instantly take your stress producing thoughts, and automatically exchange them for relaxing mental pictures and movies. This makes you feel relaxation and pleasure, and eliminates the thoughts that cause you to feel oral cravings and urges for cigarettes that are triggered by stress.

Chapter 2: The Second Component Of A Tobacco Addiction

The second "component" or reason that people crave cigarettes is called a conditioned response. This is where they have associated cigarettes with simple activities like watching TV, driving, reading, drinking coffee, etc. So when they watch TV or read, they feel compulsions to smoke.

The cravings for cigarettes that are caused by conditioned responses are about *45% of the smoking addiction.



When you were in high school you probably studied about a scientist named Pavlov, and his dogs. If you recall, Pavlov rang a bell every time that he fed his dogs. And after he repeated the exercise a few times, all he had to do to get the dogs to salivate was to ring the bell.

Being a dog owner and lover, I actually tried this experiment. Every time the doorbell rang, I gave my two dogs a cookie. By the third time the bell rang, the dogs would run to the closet where I kept the dog cookies instead of the front door. My next-door neighbor found out about my experiment, and one day he came and rang my bell every half hour just to annoy me. What a pain! I had to break the dogs of that habit in a hurry.



If you smoke and simultaneously drink a cup of coffee, your mind takes a picture of the cigarette in your hand, and connects it to the image of the cup of coffee. Thereafter, every time you have a cup of coffee, your mind fills in the missing part of the picture. It **"flashes"** an image of your cigarette, and you get a craving for one.

You may be consciously unaware of the mental picture of the cigarette, because it may only be at the unconscious level. But the image is definitely there, creating a craving for a cigarette.

The same thing happens if you smoke and drive; smoke and watch TV; smoke and have a drink, etc. Pretty soon, almost everything causes you to unconsciously see a cigarette, and those unconscious images cause you to feel cravings and a compulsion to smoke.

The Trick To Eliminating Conditioned Responses

The trick is for you to "erase" (extinguish) the conditioned responses. In other words, the trick is to get your mind to stop **flashing** unconscious images of cigarettes. And even more than that, you want to get your unconscious mind to automatically **flash** an image of yourself, in the same scenario without a cigarette!

If you are not able to unconsciously see your cigarette, then you won't feel any cravings, urges, or compulsions to smoke. And if you are disassociated (you see yourself), you will not be able to feel your feelings (cravings and urges).



And when you see yourself behaving in a certain way, then you will get a compulsion to behave that way. So if your unconscious **flashes** an image of you drinking coffee without a cigarette, then you will get a compulsion to NOT smoke while drinking coffee!

After watching the **Neuro-VISION Video Hypnosis Program**, "[Quit Smoking In A Flash!](#)," clients reported that when they have a cup of coffee, their mind **flashes** a movie of themselves drinking coffee, but without any cigarette in the picture! They also reported that they no longer had any cravings for a cigarette, or a desire to smoke when they have their coffee, or watch TV, or talk on the phone, or drive their car, etc.

To prove that I'm telling the truth, click [HERE](#) and watch and listen to some of our case histories. By the way, none of the people who did any of our testimonials were paid a single cent in return for their testimonial.

Similarly, the same NLP thought patterns that I use in the **Neuro-VISION** Video Hypnosis program, are programmed into the unconscious using visualization techniques in our lower priced audio hypnosis program, "[I Quit Smoking!](#)"

So part of what the technology does is to erase your negative conditioned responses, and then setup new positive unconscious associations that eliminate your cravings for cigarettes when you are in situations where you used to crave them in the past.

The third component is called a physical addiction to nicotine. It's my opinion based on over 30 years of experience that the physical addiction is only about 10% of the smoking addiction.

And once you make a decision to quit and use any of my hypnosis programs to:

1. Deal with the element of smoking for relaxation and pleasure
2. Erase the conditioned responses

It becomes easy for you to quit and remain a comfortable non-smoker.

That's because 90% of the smoking addiction is mental, and you are dealing with 90% of the problem. If you are trying to quit by using patches, gums, shots, lasers, etc., you are only dealing with 10% of the problem, the physical addiction. That's why most people fail to quit using these technologies alone.

Chapter 3: You Can Lead A Horse To Water But.....

In the last chapter you learned that the cravings you feel when you drink a cup of coffee, watch TV, or drive, etc. are caused by conditioned responses. And you learned that the trick is for you to "erase" those conditioned responses. In other words, the trick is to get your mind to stop **flashing** unconscious images of cigarettes. And even more than that, you learned that you want to get your unconscious mind to automatically **flash** an image of yourself, in the same scenario without a cigarette!

All of the information that you've learned so far is very important. However, you can lead a horse to water, but you can't make him drink. So now you will learn how to develop the right mindset for quitting.

The Three Prerequisites For Quitting Smoking

Desire, Decision, and Learning, these are the three prerequisites you'll need to successfully quit smoking, and stay quit.

The first prerequisite that you'll need is called Desire: You must have a true desire to quit smoking. Do you really want to quit, or are you being pushed into doing something that you don't really want to do?

I'd like you to go inside your mind and ask yourself if **you really want to quit smoking now.**

Was your answer yes? If it was, ask yourself why **you want to quit smoking now.**

The second prerequisite is called Decision: You'll have to make a concrete decision to quit smoking. If you make an honest decision to quit, it

means that you will do whatever it takes to quit, no matter how much it hurts.

So I'd like you to go inside your mind and ask yourself if **you've decided to quit smoking now.** Have **you honestly decided to quit smoking now?**

If you answered no, especially to Decision, then you might as well give it up right here and now!



Up to this point, I haven't spent any time warning you about the health hazards. Why should I? You already know about them and that knowledge hasn't gotten you to quit. And apparently you still aren't ready to quit. By the way, that's a picture of you up there hanging from that ledge.

So you better just get used to the fact that you'll be continuing to spend over \$2,000.00 each year for each pack of cigarettes that you smoke per day.

Imagine that, you'll be paying the tobacco companies to give you a number of wonderful diseases. The facts and stats are sobering. Every year, one out of every five Americans dies from smoking-related diseases. That's approximately one person every 8 seconds. Source of information: World Health Organization.

However, if you answered yes to desire and decision, then you'll feel happy and relieved to hear that you really can quit smoking without withdrawal or weight gain. So you should continue to read this e-book.

Chapter 4: The Third Prerequisite To Successfully Quit Smoking

In the last chapter we talked about desire and decision, two of the three prerequisites that you'll need to quit smoking. In this chapter we'll talk about the third prerequisite, the one that is required for a person to quit smoking without having to suffer from feelings of withdrawal or weight gain, it's called **Learning**. In addition, I will reveal the "magic pill."



The third prerequisite is called Learning: In order to quit smoking without having to suffer from feelings of withdrawal or weight gain, you'll need to learn how to remain calm and relaxed without your cigarettes. Are you wondering how you're going to do that? Patience please.

You Have Desire, And You Have Decision, So Now It's Time For A Little Review

- 1) You were programmed as an infant to get relaxation and pleasure from having things in your mouth. When you get stressed, you crave something in your mouth, a cigarette.
- 2) You have unconsciously associated the image of a cigarette with different activities like drinking coffee, TV, phone, etc. So when you engage in those activities, you get cravings and urges. They are called conditioned responses.
- 3) In order to quit, you have to:
 - a) Want to quit – Desire
 - b) Decide to quit – Decision
- 4) In order to remain a comfortable non-smoker, you have to:

- a) Program your unconscious to automatically substitute other behaviors in place of the cigarettes that are:
 - i) As effective at keeping you relaxed as a cigarette in your mouth is
 - ii) As available as a cigarette (can be substituted on the spur of the moment in almost any situation)
- b) You have to erase the conditioned responses by programming your mind to automatically stop **flashing** the unconscious image of a cigarette, and start **flashing** an image of yourself engaged in the same activity, without the cigarette. (Note: Now you know why I named the program "**Quit Smoking In A Flash!**")

You are going to learn how to quickly make these changes so that you can stay comfortable without the cigarettes by using hypnosis, what else?



But NOT the kind of hypnosis that you are probably thinking of. Not by using post-hypnotic suggestions in the traditional sense, because for most people, post-hypnotic suggestions will definitely NOT work! Do you hate to be told what to do, like most people? If so, programs that use post-hypnotic commands and suggestions are NOT going to help you one little bit.



In fact, if you use a "Traditional Hypnosis" program, what will probably happen is that you will end up doing the opposite of what is suggested on the CD's. So it's unfortunate that 99% of all of the hypnosis CD's and tapes sold

today are based on Traditional Hypnosis (direct post-hypnotic suggestions and commands), because many people waste a lot of money and time on them. They fail to make their desired changes, and then blame their failure on "hypnosis," and give up.

And that's unfortunate, because it wasn't "hypnosis" that failed. It was the fact that they chose the wrong type of hypnosis for them, as an individual.

It's like choosing the wrong type of antibiotic to fight off an infection. You know that there are different types of antibiotics for different types of infections. And you should also know that each person needs a dosage based on his/her weight, age, etc. So why would anyone expect a recording of the same exact commands to work for every personality?



And why would you expect the same commands to work for you? Especially when you hate to be told what to do, so you resist what people tell you to do in the first place.

You may be wondering why, if Traditional Hypnosis has such a poor track record, hypnotists sell this type of recording on almost every hypnosis website. That's easy to answer. And if you want to listen to me as I get up on my soapbox, then continue to read. However, if you want me to get to the point, skip "The Soap Box" and jump down to: "What You Need To Be Successful."

The Soap Box

Why do they sell them? Here is why. You can learn to be a hypnotist who uses Traditional Hypnosis very quickly. I can sit down with anyone of average intelligence and teach them to be a Traditional Hypnotist in an hour or so.



And don't let all of the fancy letters that a lot of Traditional Hypnotists place after their names impress you either. You'll see letters like CHT, PhD, etc. I can name more than one Internet hypnotist who uses the letters, PhD after his name, and the letters Dr. before his name. But the funny thing is, these people own the unaccredited diploma mills that they earned their "degrees" from.

If you like, I'll send you a link to an Internet diploma mill that is run by one of these self-proclaimed doctors. He even brags about how much his doctorate has helped him in his hypnosis business. And he'll also be more than happy to sell you a diploma after you do the studying "on the honor system."

I opened my full-time practice in 1978. And I was certified in both hypnosis, and NLP long before it was fashionable. But I don't make a big deal out of it. I prefer to rely on my knowledge, experience, and reputation instead of adding a lot of meaningless letters after my name.

It takes years of study and practice at perfecting the arts of NLP and Ericksonian Hypnotherapy to be effective with them. But when you perfect these arts, they are VERY EFFECTIVE for almost everyone, because these methods eliminate the resistance factor.

What You Need To Successful Quit

What you need to be successful are hypnosis programs that are based mainly on Ericksonian Hypnosis, and NLP. Both "[Quit Smoking In A Flash!](#)" and "[I Quit Smoking!](#)" are based mainly on Ericksonian Hypnotherapy, and NLP.

Ericksonian Hypnosis does not use direct post-hypnotic suggestions. It offers much more elegant and effective methods to get the unconscious mind to accept new ideas, without resisting them.

And NLP doesn't rely on post-hypnotic suggestion at all! It uses the thought patterns that create a person's cravings, and urges, to eliminate those cravings and urges.

And the **Neuro-VISION** Video Hypnosis Technology is based on NLP. So **Neuro-VISION** doesn't contain any post-hypnotic suggestions that a person can resist or reject. It is NLP on steroids, because you don't even have to use your imagination to visualize, the video does all of the visualizing for you!

Have you ever watched a child sit *mesmerized* in front of a television, completely entranced by the images on the screen? If you have ever tried to get the attention of a child in this state of mind you probably found they were oblivious to everything going on around them. The video image was so powerful, so compelling, that the child was literally **HYPNOTIZED** by it.

Video has an amazing ability to alter and compel behavior. TV advertisers have known this for years and have capitalized on it! Advertisers spend billions of dollars to send messages to you, convincing you to part with your hard-earned money to buy their "new and improved" shampoo or the new year model SUV.

Video advertising works because it reaches your unconscious mind. You see it. You hear it. You also unconsciously accept the messages into the unquestioning part of your brain. **Now you can apply hypnotic video technology to crush out your smoking habit by ordering a copy of the *Neuro-VISION*® program.**

In case you still haven't gotten the picture, *Neuro-VISION* is not a subliminal. And it is not a video of a hypnotist putting someone into a trance. It is a video that programs your unconscious to erase old associations (negative conditioned responses that make you feel cravings and urges) and simultaneously setup new associations (positive conditioned responses that will eliminate stress and oral cravings.)

Remember the Law Of Equal Exchange? The law states that if a person wants something, they must pay for it with something else of equal value. If you're out shopping for clothes, and you find something that you would like to have, you must pay for it with something else of equal value, which in this case is money.



A part of you wants to quit smoking, or else why would you have read this e-book? But you want to quit without having to suffer from feelings of withdrawal. And you want to quit without gaining weight as well.

Based on the Law Of Equal Exchange, you'll need to learn how to make all of the changes you've been learning about in this e-book at the unconscious level of mind. To effectively communicate with your unconscious and get it

to make those changes, and not resist making those change, you'll want to take a look at either ["Quit Smoking In A Flash!"](#) or ["I Quit Smoking!"](#)

Neuro-VISION® Works -- 90 Day Money Back Guarantee!

That's it boys and girls. The ball is now in your court. I wish you the best of everything. Remember, the best thing that you can do for yourself is to visualize yourself as a healthy person who has never smoked a cigarette. See yourself in all of the situations that you "used" to smoke in, only see yourself as a non-smoker. Picture all of the good things that you would like to have happen for you because you are a non-smoker. Do this exercise on a daily basis.

Want to see more? Visit my [video library](#) now and watch the video version of this e-Book. Or visit my [hypnosis & NLP article library](#) here.

*"I was smoking about 2 packs of cigarettes a day for about 16 years . . .
With the first session I turned in my cigarettes, my lighter, I have not
smoked a cigarette since that day and its been over 9 months!"*

- Carolyn Sue Freeman



"I smoked about 3 packs a day for better than 30 years. I didn't believe that anything could make me stop smoking after that long. I've never had one cigarette from the first time I saw Neuro-VISION. It was well worth the money." --Ron Galic

*"I was smoking 3 packs a day for 35 years, and now I'm flabbergasted! If I get put under any stress I see this Neuro-VISION flash into my mind and it takes it right away. I feel completely free of cigarettes. I do not have the slightest craving for cigarettes at all." -- **Ruth Chrisman***

*"I smoked two packs a day for 20 years. After viewing Neuro-VISION I quit. The video is excellent. It's really is very relaxing. I feel it was definitely worth the money!" -- **Julie Currie***

*"I smoked 60 years, and I averaged two to three cartons a week. This is the amazing thing about Neuro-VISION, I watched Neuro-VISION for 1/2 hour, then I was offered a cigarette and I didn't want it, and I haven't wanted one since. There was no withdrawal, you just feel so relaxed, there's no craving, and the nice part about it, you don't gain any weight!" -- **John Hadley***

"Now I'm not smoking, and Neuro-VISION® made it easy to quit. I'm saving money, and I fit in with the crowd and I feel great!"

- Marie DiStephano

*"I quit smoking after 14 years. It really works! I would highly recommend Neuro-VISION to anyone who wants to quit smoking! It has absolutely changed my life!" -- **Mark Miller***

Neuro-VISION® Works -- 90 Day Money Back Guarantee!