

BE • FEAR • FREE



F R E E D O M

# 5 Keys To Being Smoke Free

*Secrets to stop smoking for good*



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# Table of Contents

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<i>I am so glad you are here</i> .....	5
<i>True freedom from smoking</i> .....	6
<i>The subconscious mind</i> .....	8
<i>Client reviews</i> .....	9
<i>5 Keys to be smoke free</i> .....	11
<i>Research</i> .....	15
<i>My program</i> .....	16
<i>Next steps</i> .....	19
<i>Meet Nell Rose</i> .....	20

*I am so glad you are here!*

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Welcome to my special report - **5 Strategies for Becoming A Non-Smoker**. I hope you find this information valuable for your success.



As a Rapid Change Strategist I help people to make changes and achieve success quickly using various modalities in everything from ancient wellness wisdom to neuroscience. I am Board certified coach/consultant and an internationally certified hypnotist.

People come to me for help for various reasons - anxiety, fears and phobias, smoking cessations and other addictions, weight loss, physical pains, business and life help and sports performance.

I love helping people gain control and find success in gaining freedom from cigarettes. In this book I want to teach you simple but effective strategies that when applied I have personally seen change lives. I want to share it with you too so that you can find success!

# True Freedom From Smoking

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Are you ready to experience freedom? In the throes of nicotine use and unhealthy habits, a smoker trying to quit may think of freedom as being able to only smoke when they feel like it. Or quitting only to relapse 6 months later.

But real freedom, clear from the nicotine and unhealthy habits, is something much more. It is a whole new relationship and thinking around your smoking. It is cutting the ties to it forever. It is taking the stance of rather feeling as though you are giving something up it is actually gaining something. A whole new life! You will be bringing in new habits and resources **into** your life. True freedom expands over several areas:

**Health** – More energy, increasing your chances of living a longer and healthier lifestyle. Less time spent visiting doctors and experiencing pain.

**Financial** – Put the money you spend on cigarettes toward something you really want. Not to mention also the health cost benefits.

**Time** – On average smokers spend an average of one full month out of the year smoking. Think of what you could accomplish with that time!

**Socially** – No longer banished or having to hide it, you will be socially accepted. Many smokers report feeling like social outcasts.

I don't need to hit you over the head with facts or statistics of how bad smoking is. I don't need to convince you at all that smoking is bad for you. You know that already. You do not need to be talked

to like you are a child or an idiot. You most likely have tried everything and just have not found success.

Right now if you are reading this, you are interested in my rapid change strategy for smoking cessation. I have a strategy that covers all the bases. Most cessation programs or nicotine alternatives come at it from a single angle. The smoking compulsion is much more complex.



Let me ask you a question. Do you have to remind yourself to smoke? Do you have to think about craving the cigarette? Or do you forget to do it? No, because you have associated triggers to your smoking habit. We can agree that smoking is an unconscious habit.

You may want to relieve some stress...

Or take a break.... Or every time you have a drink with a certain friend you are going to want a cigarette.

These thoughts are not happening at the conscious level. Dealing with it through conscious thought, using a logical decision is setting yourself up for failure.

# The Subconscious Mind

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That is why many programs fail. They don't address the subconscious mind. The subconscious mind controls all of our behaviors. We may think that we are in control. Logically it all makes sense. But running behind every decision and behavior is our subconscious mind steering the ship.

Dr. George Pratt in his book, *Code to Joy*, compares the conscious mind to a flea riding on the back of an elephant (the subconscious mind). If the flea (conscious mind) wants to go to the ocean, he says, and the elephant (subconscious mind) wants to go to the mountains, it's obvious where they'll end up. And the flea will have no choice about it!

Studies of neuroscience tell us that the subconscious mind is **a million times** faster and **a million times** more powerful than the conscious



Conscious  
Mind  
10%

Subconscious  
Mind  
90%

mind. Logically you know you want to stop smoking. I am not saying it is impossible to will power your way through quitting but going about it without working with the subconscious mind will be much more difficult than it has to be.

Who wants to suffer like that when there is an easier and more effective way?

Stopping smoking can be easy. I see it everyday in my office. The first step is to open your mind to the possibility that it can be. There is a possibility out there that it can be easy for you too. All you have to do is follow the instructions and read on.

## Client Reviews

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*"Nell Rose, I just wanted to let you know that Fred and I are doing great. Neither one of us is smoking and we have no desire to do so! It's amazing at how disgusting we find it now! Thanks so much for helping us kick this habit. Again, thanks for your help with us stopping such a bad habit. Our daughter thanks you as well!"*

*~ Nikki Malvern, PA*

Dear Nell-

"Thank you so much for helping me to stop smoking. While I believed in hypnosis I figure it would just make quitting a little easier. I was still expecting it to be the hardest thing I have ever done ( being I know that from previous attempts) BUT instead I found that stopping smoking hasn't been hard at all!! I can't even believe it! I am only mad that I didn't try this earlier! Again- thank you so much, it has been a remarkable experience for me and my family.

*~ Kathy Paoli, PA*

"Hope all is well. Just sending you an update....Going on 2 years smoke free! I won't smoke again;) Thanks you so much!!! I have given your name out a lot and I hope people have used your services! As we approach a year I have been thinking about it and want to thank you again!"

“Nell, I want to thank you for helping me kick the habit!! I have smoked for over 25 years and have tried to quit several other times with varying degrees of success. i.e. nothing ever worked. The last time I tried quitting I used Chantrix which worked but I wound up with severe blinding headaches. I went to the Thomas Jefferson University Hospital headache clinic where they put me on numerous other medications, which had various effects on me, but never stopped the headaches. Then I started smoking again and Shazam! Headaches were gone. After 1 visit with you I have quit smoking have no headaches and have not taken a single pill. I use the techniques you taught me to help deal with stress, help me sleep and stay focused throughout the day and best of all when I drink I don't crave a cigarette, which was always painful. The experience has been so great my family and I can't thank you enough!!

Thanks again for everything!!!”

~ David P. Berwyn, PA

“I stopped smoking 2 and a half packs a day for 25 years and I can't believe it. I have tried to quit before and my mental state has always been “where is the cigarette?” This time, with you it is not that way. Hard to believe to go from finding comfort in cigarettes to not smoking at all! If I had known it was this easy I would have done it years ago.”

~ Paul Exton, PA

# 5 keys To Be Smoke Free

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## 1. **Have an open mind -**

Even if you may have tried to quit before, this time we start with a clean slate and open mind.

*“Minds are like parachutes they work best when open.”*

It turns out the way to boil a frog is by turning up the heat slowly. The frog does not notice the rise in temperature until it is too late. Smokers experience the same phenomenon. When a smoker firsts start, most choke or get sick. Against their own bodies response they keep at it until it becomes comfortable.

At first there is no worry of how it will effect their health, they are young and invincible. They continue with the habit until they can't live without it. Before they know it they are firmly in its grip and can't get out. It is a subtle sinister trap.

Questioning beliefs and giving up illusions around smoking is a necessity. People believe the main problem of stopping is not the chemical addiction to nicotine, but the brainwashing. Approaching this with an open mind as we explode the myths and delusions. The most effective way to concur an enemy is to study and know him.

In my program we do just that. we look at your beliefs and pull back the curtain. By looking at things with a new perspective you can create the beliefs you need to



hold the habits in place of a non-smoker. You must unlearn all that you have learned and create an identity of a non smoker.

## 2. **Focus on what you are gaining-**

Release the idea that you are giving something up and relish what you are gaining. Yes you are giving up cigarettes and most smokers focus on just that.



Bring your attention to what you are getting- freedom, your health, energy, time and money just to name a few. As simple as this sounds, it is highly effective. Ask any successful person and most will say they focused with the end in mind, not where they were, how far they had to go, or how difficult it may be.

## 3. **Get comfortable with the uncomfortable-**

The only time we experience true growth is when we are uncomfortable. Staying where you are and doing what you are doing will not lead you to the change you are hoping for.

I actually have found that most smokers are not really comfortable in their comfort zone anyway. As soon as you light up you wish you weren't. Then when you aren't smoking you wish you were. You are either beating yourself up or your mind filled with cravings. This is not enjoyable. I have yet to talk to one smoker that truly enjoys smoking all the time. In actuality smokers are uncomfortable in their comfort zone.

So if we can agree that you are already uncomfortable doing what you are doing and bring awareness to that becoming a non-smoker becomes easier. The smokers that I work with generally do feel uncomfortable doing the things where they used to smoke, such as driving a car or drinking coffee. It will feel a little "off" until



the mind gets used to doing these activities without a cigarette. That is ok, in fact it is wonderful. It means you are growing!

#### **4. Fear is what keeps you stuck-**

Every smoker wishes they could wave a magic wand and wake up completely smoke free. As an adult most smokers wish they could turn back time and no longer choose to take that first cigarette. Smokers have fallen into an insidious trap that was subtle until it was too late and no longer is a choice.

What is keeping the shackles firmly in place is FEAR. Fear of having to be in misery for an extended and indefinite period of time. Fear that you will fail. Fear that social situations will be uncomfortable or possible excluded from friendships with people whom you smoke with. Fear that you will have cravings constantly. Fear that you will gain weight. Fear that your personality may be different as a non-smoker.

Fear is a normal part of doing anything new and moving into the unknown. The best way to face any fear is to have a solid plan firmly in place and to identify your resources. In my program we work with your fears head on and give you tools to put you at ease. We create plan so you know what you should do if certain feelings arise. Face fear with action! The best part is you will no longer be going through this alone. I will be a key component of your team.



## 5. Make the decision-

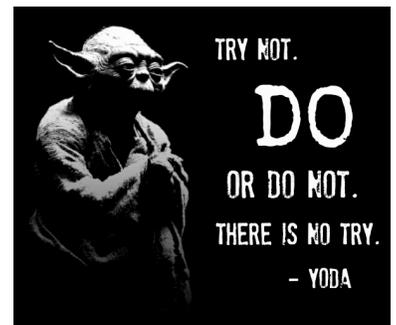
Thinking about quitting and making the decision to quit are very different things. Many smokers say over and over that they should quit and never make the decision to actually do it. It is something looming over them. Which increases the fear.



The definition of decide in the dictionary is A: *to make a final choice or judgment*; B: *to select as a course of action*. The latin definition of decision is “to cut away all other options.” In this definition there is no room to fail. You cut away any option for anything else but success. It is the only thing in your mind.

Many smokers will tell me that they have “tried” to quit or that they will “try” to quit. The word try is an impossible action.

Smokers have built their lives around smoking. Together we will get clear on why you want to quit, find your motivation. Every behavior we have we are either moving towards pleasure or away from pain. Understand where you have had success in the past and using that in this situation will be a great resource for you. Do your research, discover your “why”, challenge old beliefs, use the power of your subconscious mind, put a plan in action, know your resources and make the decision and you will be successful!



# Research

## Research on the Efficacy of Hypnosis for Smoking Cessation

Summary	Reference
<p><b>Hypnosis Most Effective Says Largest Study Ever: 3 Times Effectiveness of Patch and 15 Times Willpower.</b></p> <p>Hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit. A meta-analysis, statistically combining results of more than 600 studies of 72 000 people from America and Europe to compare various methods of quitting. On average – hypnosis was over three times as effective as nicotine replacement methods and 15 times as effective as trying to quit alone.</p> <p><b>90.6% Success Rate Using Hypnosis</b></p> <p>Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.</p>	<p><b>University of Iowa</b>  <b>Journal of Applied Psychology</b>            How One in Five Give Up Smoking            October 1992.            (Also New Scientist October 10, 1992)            Schmidt, Chockalingam</p> <p><b>University of Washington School of Medicine,</b>            Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.  <u><a href="#">Freedom from smoking: integrating hypnotic methods and rapid smoking to facilitate smoking cessation.</a></u></p>
<p><b>95% Success Rate Using Hypnosis With NLP</b></p> <p>A comparison of hypnosis to quit smoking and hypnosis combined with NLP reported a 95% success rate using hypnosis combined with NLP and 51% using hypnosis alone.</p>	<p><u>Smoke Free International's Proprietary Method</u>  <b>Smoke Free International</b>  <a href="http://www.smokefreeinternational.com/report.php">http://www.smokefreeinternational.com/report.php</a></p>
<p><b>90% Success Rate With Hypnosis</b></p> <p>Authors report a success rate in smoking abstinence of over 90% with hypnosis.</p>	<p>MMW Fortschr Med. 2004 May 13;146(20):16.            Klager, R.            [Article in German]            PMID: 15344725 [PubMed - indexed for MEDLINE]</p>
Summary	Reference

<p><b>87% Reported Abstinence Using Hypnosis</b></p> <p>A field study of 93 male and 93 female CMHC outpatients examined the facilitation of smoking cessation by using hypnosis. At 3-mo. follow-up, 86% of the men and 87% of the women reported continued abstinence using hypnosis.</p>	<p><u>Performance by gender in a stop-smoking program combining hypnosis and aversion.</u> Johnson DL, Karkut RT. <b>Adkar Associates, Inc.</b>, Bloomington, Indiana. Psychol Rep. 1994 Oct;75(2):851-7. PMID: 7862796 [PubMed - indexed for MEDLINE]</p>
<p><b>81% Reported They Had Stopped Smoking</b></p> <p>Thirty smokers enrolled in an HMO were referred by their primary physician for treatment. Twenty-one patients returned after an initial consultation and received hypnosis for smoking cessation. At the end of treatment, 81% of those patients reported that they had stopped smoking, and 48% reported abstinence at 12 months post-treatment.</p>	<p><b>Texas A&amp;M University</b> System Health Science Center College of Medicine, USA. Int J Clin Exp Hypn. 2004 Jan;52(1):73-81. <u>Clinical hypnosis for smoking cessation: preliminary results of a three-session intervention.</u>  Elkins GR, Rajab MH.</p>
<p><b>Hypnosis Patients Twice As Likely To Quit</b></p> <p>Study of 71 smokers showed that after a two-year follow up, patients that quit with hypnosis were twice as likely to still be smoke-free than those who quit on their own.</p>	<p><u>Guided health imagery for smoking cessation and long-term abstinence.</u>  Wynd CA. <b>Journal of Nursing Scholarship</b>, 2005; 37:3, pages 245-250</p>
<p><b>More Effective Than Drug Interventions</b></p> <p>Group hypnosis, evaluated at a less effective success rate than individualized hypnosis (at 22%). However, still demonstrated here as more effective than drug interventions.</p>	<p><b>Ohio State University,</b> College of Nursing, Columbus 43210, USA <u>Descriptive outcomes of the American Lung Association of Ohio hypnotherapy smoking cessation program.</u>  Ahijevych K, Yerardi R, Nedilsky N.</p>

## My Program

My smoking cessation program tackles the grip that smoking has on you from every psychological angle. You will finally be free from feeling like a slave to cigarettes, free from needing to step out of parties, waiting to finish a smoke before you go somewhere, and finally free from the daily payments to the tobacco companies saving you thousands a year!

The program is intended to not only get you to be someone that has quit smoking but someone who is a true nonsmoker with no interest in cigarettes. My passion is to liberate you to live the life that you want, feeling better, have more time, smelling better and overall healthier.

### General Overview of Program:

My program is a blend of psychology, neurology and tools like



hypnosis and NLP that I have selected and used successfully for years to help you stop smoking forever. It consists of three sessions about one week apart. Before we meet you will need to do the assigned pre-work to get your mind ready for the changes you are going to make.

In the first session we tackle your habits and triggers, why you are choosing now to quit and really get clear on the “why”. Next I look for any secondary gains, challenge your beliefs and work with you to release your connection to smoking. Most leave my office and never have another cigarette.

Session two is dealing with any anxiety you may be experiencing. This is an individualized program so we will work on what you are experiencing at this point and help you feel even more relaxed. This is all about you!

Session three is incorporating being a non smoker into your self identity so you will remain a non smoker forever. You will get audios and exercises to work with at home to reprogram your mind to be a nonsmoker. That way you will always be working on being a non-smoker and you will know what you need to do. You will not feel alone.

If you have more questions about my program give me a call today!  
484-321-3204

What else is unique about my program?

The first thing is that I give you pre-work to do to prepare you for the change that you will be making. Just like a farmer getting ready to plant a seed, the field must be plowed and prepped so that the seed can thrive. By doing the work before hand, this will make it easier when you have your appointment and are making the final decision and commitment to become a non-smoker.

The pre-work will give us both clarity and prime your mind so that our work together will be even more streamlined and effective. It will include some forms for you to fill out that will delve into the triggers, why it has tied you in and the different needs you are getting from the cigarettes. You will also learn a short exercise on relaxing your body,

because with everything hypnosis is a skill and the more you relax the more effective it will be.

I am passionate about helping you achieve success. I

have spent years researching habits, behaviors and how to help people make rapid changes easily. When you sign up for my program I become your advocate and team member to make sure you become a non- smoker.

Another unique aspect is I start with the end in mind. The feeling of energy, freedom, of bliss. Letting go of the idea that you will have to walk through hell and back to get to the other side. I have helped people quit- easily and effortlessly. You can too!

## My Smoking Cessation Program

- 1 3 Powerful sessions to support you fully through the process. Rewire your brain to be a non-smoker!
- 2 I have developed a highly successful program that has resulted in many smoke free and happy clients.
- 3 With my program you receive tools and techniques to help you succeed.

## Next Steps

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If you know this is right for you and you are ready to become a non smoker, give me a call today 484-321-3204 to make your appointment.

If you still have questions I offer a free 15 minute consultation to answer those. I can do this through phone, skype or in person at my office.

You can also email me at [nellrose@clearintentionshypnosis.com](mailto:nellrose@clearintentionshypnosis.com)

## Meet Nell Rose

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Nell Rose is excited to help her clients make changes with her Rapid Change Strategy. She is an expert at thought management and draws on her core values to help others understand who they are and connect with their hearts. She is passionate about the tools that can help you create a life of design rather than living by default.

She is blessed with five beautiful children and has embraced the chaos of life in the flow of them.

Her passion is to help others attain the life that they want to achieve and to live at their fullest potential. She enjoys helping clients see a different perspective, challenge their own beliefs, and create a life of their own design. She gives her clients real tools based in science to help them rewire their brain for success. If you are ready to step into your full potential, I invite you to connect with me today.

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