



About 43% of people after the session feel as if they never had a cigarette in their lives.

Another 30% feel great. They have no cravings, thoughts of cigarettes come and go quickly, but a week or so may go by and they might be finishing up a meal, going to the bar and they have a fleeting thought about a cigarette. As quickly as the thought comes, the thought is gone. And they will go about doing what they were doing

The last 20% are people who have to be aware that there are things that could try and trick them into having a cigarette. They might be getting into the car or having a cup of coffee and they just automatically reach for the pack of cigarettes. That's only muscle memory, so it takes 3 to 4 weeks for a new habit to form

6% who try smoking again and need to come back for a follow-up session.

Then there are the less than 1% who aren't really ready to quit, because hypnosis cannot make you do anything you don't want to. When they are ready to quit they can come back for their free follow-up session, because no one can make you do anything you don't want to do. Nothing I do or say will make any difference and they will continue to smoke.

You have the power to decide which group to be in, by choosing to follow and accept all Shannon's instructions and suggestions you ensure your total success at being a non-smoker for the rest of your long healthy life.