

Hypnosis - The Best Way To Quit Smoking

This article explains a few things about quit smoking and hypnosis, and if you're interested, then this is worth reading, because you can never tell what you don't know.

Smokers, who are getting aware of the possible health hazards and want to quit smoke at any cost, need not worry. There are several options for them. All of us know that smoking is nothing but addiction of nicotine. There are several companies manufacturing pills or nicotine replacement patches. These nicotine replacement pills are quite helpful in quitting smoking. Apart from these pills, there is one more option for quitting this addiction of nicotine. It is Hypnosis!

Most of the smokers stop smoking for some time after using these products. However, after sometime they start smoking again. The cause for again taking up smoking is that they were always conscious of having replacement pills for smoking. This means they were always conscious that smoking provides them something. Thus, the desire to smoke still exists in them. On the other hand, Hypnosis completely changes the attitude of smoker towards smoking. It put an end to the inner desire of the smoker for smoking. Once the smoker put an end to his inner desire for smoking, then he will never take up the cigarette again.

If you are a little health conscious then you can understand the importance of Hypnosis rather than nicotine replacement pills. The cause of your quitting smoking is that you want your body to be healthy, free from all kinds of toxins. However, nicotine is still getting entry into your body through the intake of these pills. So, consider Hypnosis rather than pills.

Hopefully the information presented so far has been applicable. You might also want to consider the following:

Duration taken by Hypnosis to quit smoking is quite shorter than the replacement pills. You would be astonished to know that Hypnosis takes only one hour or less to quit smoking completely. On the other hand, these replacement pills take many weeks.

In US, from your taxes you can remove the cost of programs that you have attended for quitting smoking. The cost of these programs can be added in the medical expenses amounts.

There is no provision for including the amount you have paid for drugs, in the medical expenses. The cause for not including them in the medical expenses is that they do not require any prescriptions. Thus, it would not be beneficial for you not to buy these drugs.

Finally, the result of Hypnosis on the smokers who wants to be a non-smoker is 70-80%. On the other hand, result of nicotine replacement pill is 50-60%. The cause of there low success rate is the inner consciousness of the user that, "I want to smoke and so I am substituting it." However, Hypnosis completely puts an end to smoker's inner consciousness and he never feels the desire to have it again.

Don't limit yourself by refusing to learn the details about quit smoking and hypnosis. The more you know, the easier it will be to focus on what's important.

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About the Author: Hans Hasselfors is the founder of <http://www.SubmitYourNewArticle.com>. You may find varied quit smoking and hypnosis articles in our article directory.