



## New Tobacco Leaves Hypnotherapy Session Helps Smokers Quit Worldwide

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London, UK – May 8, 2015 /MarketersMedia/ —

This week, noted cognitive behavioral hypnotherapist, Ray Singh continues his tour of 'Tobacco Leaves', a session to help smokers quit smoking. These smoking cessation hypnotherapy sessions have been held in Europe, and plans are unfolding for the sessions to be presented in the USA.

You can find more information at [www.hypnoleaf.co.uk/tobaccoleaves](http://www.hypnoleaf.co.uk/tobaccoleaves).

Hypnotherapy is the leading method of helping smokers quit according to major studies that have followed smokers over multiple attempts at quitting. These results do not surprise Singh.

"People in my sessions are likely to experience deep relaxation, allowing suggestions to be received through visualization, which includes tobacco leaves floating away. Later when participants are brought back to full awareness, they no longer have the desire to smoke," Singh said.

Groups are small and intimate and designed to personally focus on each participant. Studies have shown that group settings for smoking cessation are more effective than individual sessions.

"It's not a seminar. People forget information at seminars. It's not a workshop, no Powerpoint presentations or difficult things to remember. It's hypnotherapy, and just how unwanted thoughts and habits should leave, so should tobacco, allowing you to become and remain a non-smoker – through tobacco leaves." Singh said.

Studies show that will power alone is rarely effective in the effort to stop smoking. Smokers are under increased pressure, with statistics that show smokers on average live ten years shorter than non smokers.

Singh was a smoker for over ten years before having to give it up to attend a prestigious London theater school. "Besides the obvious health concerns, smoking was destroying my voice. I stopped smoking instantly with hypnotherapy. I wanted so badly to become a non-smoker to preserve my voice." Singh said.

Singh went on to appear in a major Hollywood television production and ultimately returned back home to London to help others become non-smokers. For the past 11 years, he has developed his own approach to becoming and remaining a non-smoker, and now he infuses hypnotherapy with cognitive behavioral therapy in 'Tobacco Leaves'. There is evidence that this approach has proven highly effective for those who want to become non-smokers.

"I know what it's like to be a smoker, and I now can reap the benefits, with 11 years of living as a non-smoker. In 'Tobacco Leaves,' we experience all situations that cause smokers to relapse. The sessions are mindfully interactive, with elements of daytime drama, but don't worry no one needs to perform. They just have to want to become and remain a non-smoker." Singh said.

Those interested in attending a 'Tobacco Leaves' session may contact Ray Singh at [www.hypnoleaf.co.uk/tobaccoleaves](http://www.hypnoleaf.co.uk/tobaccoleaves).

For more information about us, please visit <http://www.hypnoleaf.co.uk/tobaccoleaves>

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