



## Smoke-Free & No Buts!

By Geoff Ibbotson, Ann Williamson, Ann. Williamson

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A manual specifically designed to provide the reader with novel and innovative ways to give up smoking.

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## **Editorial Review**

### **Review**

"By the time you reach your giving-up day, smoking will have become so tiresome that you will be desperate to stop." -- *The Times, 1999*

### **About the Author**

Dr Ann Williamson is a GP with twenty-five years' experience in practice. She has been using hypnosis to facilitate change and empower her patients for nearly ten years, and is herself a long-term ex-smoker. Dr Geoff Ibbotson was a GP for twenty-two years before he left his practice to pursue his interest in chest medicine and the applications of hypnosis. He now carries out hypnosis on a private basis.

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Why Can't I Just Stop? So you have decided to become an ex-smoker Have you ever wondered why you have not been able to stop before? surely you can just decide what you want to do and then do it! or can you?

We would like to introduce you, at this point, to a useful model that may help to explain why this is so often difficult.

A model is not the 'truth' but an explanation based on what we know so far that helps us to understand what might be happening.

The brain has two halves which tend to function fairly independently.

The left half of the brain, which is responsible for our verbal and arithmetical skills, and is the source of our critical, evaluative, logical thought processes, is that part of our mind or consciousness that we generally use most in our day-to-day activity.

The right side of our brain, which becomes more active as we relax, is responsible for our visual and creative imagination, our intuitive and instinctive part of ourselves, and is the source of our feelings and emotions.

Normally there is little communication between these two halves, e.g. the left brain knows many good logical reasons why one should not smoke but the right brain wants a smoke (feeling), and whenever there is conflict between right and left brain the right side nearly always wins. Simply deciding at a logical level that you want to be an ex-smoker, and then expecting to be able to achieve this, is about as effective as telling someone 'not to worry' when they are experiencing a panic attack. Logical reasoning doesn't get through very well in the normal waking state to that part of our consciousness where we process our feelings.

To successfully set yourself the goal of becoming an ex-smoker and then achieve it, you need to get in touch with that part of your mind where you keep the feeling of wanting to smoke.

Over the next few chapters we will show you how to do just that.

## **Users Review**

### **From reader reviews:**

**Deanna Christianson:**

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**Scott Hicks:**

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