

“Imagination* is the preview of forthcoming events”
Einstein

Some of Futuremind's Client Testimonials for Smoking Cessation

I feel positive and a relief, and am generally happier and healthier and more optimistic.

James Balantine, Marketing and Advertising (former smoker 20 per day)

Now that I am a non-smoker, I feel powerful, healthy, happy and free. I was sceptical in the beginning yet the changes happened and I haven't touched a cigarette since. In fact I am excited about being fitter, healthier and richer. Futuremind has also helped me in a roundabout way with my professional rowing team. A really positive and motivating experience.

**Katherine Bennett, Recruitment Manager- Accenture
(former smoker of 15-20 per day)**

I am writing to update you on my progress since I came to see you in February 2003 for help in stopping smoking. You will be unsurprised but nevertheless please to know that I haven't smoked since that appointment nearly 10 months ago and after trying many times and in many ways (Patches, Allen Carr book, Willpower, CD's) over many years I am pleased at how pain free it has been this time I also feel totally confident that I will never want to smoke again.

Further to this I am amazed at how this treatment works as just after 10 days after I came to see you, my 18 year old son died very suddenly and tragically but not once in all these dreadful months since have I been tempted to smoke. Therefore I am now an avid fan of hypnotherapy and would consider using it for other problems.

Jean Bambrough, PA (former smoker of 15-20 per day)

I am proud to achieve something. Looking forward to more money, being healthier and better skin.

**Ann Marie Boardman, Accountant Livingwell Health Clubs Head Office
(former smoker of 10-20 per day)**

I feel really positive and happy. I feel so much healthier, no premature aging and healthy lungs.

Sarah Brockhurst, Quantity Surveyor (former smoker 30 per day)

Good ! Clean ! Stronger ! I run for longer and gained the taste of food back. I did not just stop smoking but I also started listening to my inner self more. I have tried to the best of my capacity to let my "MIND BE MY MASTER AND NOT THE SERVANT" but I am obviously still learning (now I am convinced we never stop learning), and I must confess it works, I have been through some pretty odd situations last summer! I finally found the strength to write to you. I am now completely certain that I will stay off smoking for good, do not get me wrong I have always trusted that it would work but I am not scared of failure anymore!

Bianca Cieneri, Account Assistant (former smoker of 20 per day)

I feel good and positive and happy about being healthier as a non smoker.

James Buckham, Property Broker (Former smoker of 40 per day)

I feel really free and light and happy, my energy levels will rise, have more money! and my health will be better.

Sarah Casey, Sales Director (formerly smoker of 30 per day)

It was a great pleasure to meet you today and it has already been a life changing experience for me. Well I feel good, in fact better than good. The acid test was when I went home Monday night in trepidation wondering how I would cope being back in my 'secret' sanctuary. I felt a feeling of awareness that I used to smoke there and it really didn't bother me. In fact, I felt (am still feeling) an incredible sense of calm and control within me.

In the last couple of days, I have been in a very stressful situation at work (the nasty negative stuff this time) a situation that would have normally had me reach for that fag packet !! Again, I was aware of what I used to do yet there was an incredible sense of inner calm that took over and I dealt with that situation all by myself! Wow what have you done to me? I don't know- but thank you for doing it.

John Francomb, Company Director TM Lewins (former smoker of 10 per day)

I have more of a positive feeling now that I am a non smoker, I am feeling cleaner- no smell and feeling healthier. I can reward myself by buying treats with the money saved.

Victoria M Gavulic, University Administrator (former smoker of 10-12 per day)

I feel great, no more role ups!

**Dilly Gent, Creative Director for Radiohead
(former smoker of 15 role ups per day)**

I would just like to tell you how grateful I am. During the past 16 years I calculated that I smoked between 75,000 & 100,000 cigarettes, equivalent to between £15,000 and £20,000 – that's a rather nice BMW or even a modest, terraced house, up in smoke! Whilst I always said to myself that "I will stop one day", that day seemed to be always just as far distant and my cigarette smoking always seemed just as insidious.

I have never been hypnotised before and was unsure of what to expect. I must say I found the whole experience hugely relaxing and uplifting, from the moment I walked in to your office until I stepped back out onto the street as a non-smoker. What is amazing is just how easy and thoroughly enjoyable the whole process has been. Despite my being in exactly the same situations when previously I would have lit up, I am now able to smile and feel truly happy that I don't smoke.

**Mike Holt, General Manager, Fitness First Health Clubs
(former smoker of 10 per day)**

The first session worked and then I started smoking a few again a few months after the session. Then I came in for the free backup session and can't understand why I ever smoked. Time is mine, fitness and confidence.

Andrew Jeffries, Lawyer (former smoker of 30 plus)

I made an appointment and was lucky to get a space in the diary on the same day because of a cancellation. After the session, I felt confused yet it felt great. I feel better, my health will improve as well as a desire to breath fresh air...

Lucien Kezic, Musician (Former smoker of 20 per day)

I always seemed to be starting and stopping smoking. Initially when I was younger, I smoked to be 'grown up'. I tried patches, even Allen Carr. I hated smoking, its unsociable and I wanted to be healthy. Now I have been a non smoker for 7months and counting.

Rachel Helen King, Advertising Manager (Former smoker of 20 per day)

I came across Futuremind in Cosmopolitan, after the session I felt fantastic, happier and feel more confident in my abilities.

Gemma Marcell, Ski Instructor (smoked 20 a day)

My son is Michael Roberts and he came to see you with a friend, Alastair - can't remember Alastair's surname. Michael is so thrilled with the result - he told me he had found it so easy that it felt like he was cheating! I am so encouraged. I have high blood pressure and, obviously, smoking only makes that worse. MANY thanks. To re-iterate how pleased Michael was, he said if I was interested, you were the only people to come to - AND that he would pay for me!! I think your website is superb.

Maggie Daly, Mother (smokes over 20 per day)

I tried cold turkey for four weeks and it didn't work and also patches didn't work. I see smoking as weakness and it stinks! Then I saw an article in Heathrow Express, booked a session and now I feel strong, free, unshackled and bigger with myself! I breathe easily and feel strong about not succumbing.

Marielena Mckay Sales Manager(former smoker of 10 per day)

The session brought tears to my eyes, my son will be so proud of me. I am moved. I smoked all my life from the age of 12. I will not need to die for a stupid habit and make the mistakes my father made. I feel happy about my future.

Peter Piatek, Decorator (former smoker of 60 per day)

The **future** is already in your **mind**.
The **future** is **all ready** in your **mind***

Futuremind



53, Davies Street
Mayfair
London
W1K 5JH

0800 093 1440
Direct 020 7152 6325
Fax 020 7152 6525
appointments@futureminded.co.uk



Futuremind

53 Davies Street
Mayfair
London
W1k 5JH

T 020 7152 6325
F 020 7152 6525

info@futureminded.co.uk

www.futureminded.co.uk

Bookings 0800 093 1440

company reg no 4616169