

# Secret Success

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## Kick that butt in just one day. There's a Secret Success for Smokers...!

With the smoking ban in England now in force, 72% of smokers\* are now saying that they want to quit their smoking addiction. But as all those who have tried and failed know, saying ta-tar to tobacco is a struggle and many fall off the band wagon succumbing to those nicotine cravings. ***But now life coaches Secret Success offer a new unique and effective system that is proven to make quitting smoking for forever surprisingly easy after only ONE DAY ..... and not a nicotine patch in sight.***

Deputy Chief Medical Officer Dr Fiona Adshead has estimated that 1.7 per cent of smokers will give up smoking with the introduction of the ban in public places. With 10.3 million people in England smoking cigarettes and hand-rolling tobacco, that would mean 175,100 giving up. On August 4<sup>th</sup> 2007 at the Montague Gardens Hotel, London, WC1 Secret Success will be holding a '***Break the Chain – Quit Smoking***' seminar which will show smokers how they can quickly and easily kick the habit after only one day.

Co-founders of Secret Success, Rosy Maria and Belinda Pestana, have transformed the lives of even the most hardened and sceptical of smokers who now have absolutely no desire to smoke and have acquired the skills to master their emotions and live with a greater sense of ease and well being than ever before.

Rosy Maria comments: "By using a range of therapies including Neuro-Linguistic Programming (NLP), Thought Field Therapy (TFT) and hypnosis we really can help

smokers to conquer their habit. By taking control of, and changing thoughts, images and feelings of desire to smoke, people will be able to switch off any craving without anxiety, irritability or weight gain and create massive amounts of positive feelings in just a few moments. Those who have previously tried out our techniques were initially sceptical but now have absolutely no desire to smoke.”

Atlantis Divalenti has tried to stop smoking in the past but has now successfully stopped after one session with Secret Success has now successfully stopped.

Atlantis enthuses: “I have tried lots of different types of medication to stop smoking including nicotine patches but nothing worked. I often became grumpy, had unnecessary food cravings and therefore overate and became depressed. I never believed that my cravings for cigarettes would go away. With just one session with Secret Success, I am genuinely surprised at how quickly my reaction has changed and the thought of smoking actually makes me feel sick. I do not have an increased appetite and so I have gained no weight. Now I can comfortably be around people who do smoke and not feel the urge to want to join in, and it does not bother me all. It’s truly amazing!”

Secret Success believes that smokers who really desire to give up and who attend the seminar will:

- Learn powerful techniques to re-programme their mind and body so that they no longer need cigarettes and actually feel better without them
- Help fill the void, whatever the reason to start smoking in the first place was, with positive action, images and thoughts.
- Stop smoking without anxiety, irritability, cravings or weight gain
- Take back control of their life so that they have no desire to smoke ever again
- Feel fantastic and liberated about their new life as a non-smoker so that they start feeling even better every day!

Belinda Pestana adds: “No matter how much someone smokes or for how long by the end of the seminar, their whole attitude to smoking will have changed forever. We have a unique and effective system that is tried and proven to make kicking the butt forever surprisingly easy. Ex-smokers will quickly feel the benefits of taking their life back both health-wise, financially, and socially thereby benefiting themselves, their family and friends.”

## **ENDS**

\* National Institute for Clinical Excellence (NICE) May 2007

For further information on this seminar or upcoming seminars, please visit [www.secretsuccess.co.uk](http://www.secretsuccess.co.uk)

Photography available

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