

HELP! I STILL CAN'T QUIT

There are many reasons why people start to smoke. There may be just as many reasons why they later choose to quit.

Many have tried a variety of methods before they were finally able to quit for good. So, here are three tips to help smokers on their way:

- 1] Know your smoking triggers: It is often useful to identify the triggers that lead to picking up a cigarette. Some may smoke at set times of the day. Others smoke when they are bored, stressed, frustrated, or worried. Others may find that they pick up a cigarette when having a coffee or beer. They may also pick up a cigarette because they are with other smokers. You may find there are other times when you typically smoke.
- 2] Find alternatives to the smoking habit: It is often useful to identify several healthier alternatives for each smoking trigger. Each of these options must also be enjoyable for you. You will then find it easy to draw upon these options in a way that is enjoyable for you.
- 3] Visualise success: It is often useful to imagine your forthcoming life as a nonsmoker, taking the time to see all the things you would see, hear, feel, taste and smell when you are a non-smoker. You can imagine what others would see, hear, feel, taste and smell when you have become a non-smoker. You might also imagine yourself successfully handling any potential setbacks.



Finally, you may like to reward yourself for each milestone along the way. And, as for the rest, you can enjoy a healthier, more energised you in 2007 and beyond.

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$49 per calendar year.
As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ™ and CQ™, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.

FOOD FOR THOUGHT

What would it be like to climb a sheer cliff face? Would you initially wonder whether it is worth the effort before deciding upon your mission? Perhaps you travel to the foot of the cliff, make a careful analysis of the cliff face and select the right gear for the climb.

Then you begin your ascent. At times, you may find the journey invigorating and challenging. At others, you may find it overwhelming and tough. However, if you ever lose your footing, you can always find another foothold to resume your climb. Before you know it, you will have reached the top and can enjoy the panoramic view.

And the awe in reaching the top may be mixed with pride for your accomplishments.

Milton Erickson, a famous hypnotherapist in the U.S. must of known this. He often invited people to climb Squaw Peak. They found their problems had dissipated upon their return. They also found themselves renewed and wiser. It was almost as if they had discovered internal strengths they did not know they had.

We each have the capacity to climb our own mountains. And, when we do, we may discover inner strengths we did not know we had. And for the rest, we can enjoy the view from the top.



REPLY SLIP AND REQUESTS FOR INFORMATION

I would like to become a member of Rachel Abramson & Associates and get discounts off standard rates, receive calendar year subscriptions to CQ™ and HQ™, free entry to the **SEMINARS OF THE FUTURE™** and **PROFESSIONAL PRACTICE PROGRAM** Seminars, as well as library borrowing privileges.

I would like to book into the following **SEMINARS OF THE FUTURE™** and **PROFESSIONAL PRACTICE PROGRAM** seminars.

- Tuesday 2nd October PP18: Security Issues: Your Self, Your 'Product', Your I.P., Your Staff
- Wednesday 3rd Oct PP39: Advanced Entrepreneurial Spirit: Cashing in On Your Business
- Thursday 4th October PP8: Marketing Your Practice: Getting Your Image Right
- Thursday 1st November PP9: Marketing Your Practice: Alternate Places for Your Product
- Tuesday 6th November PP19: Growing Your Business as a Saleable Asset, Harvesting Your Business' Worth and Exit Strategies
- Wednesday 7th Nov Interviewing Prospective Employers
- Saturday 1st Dec, 10am PP40: Advanced Strategy: Reinventing Yourself, Your Business
- Tuesday 4th December PP20: Going Global: Issues to Consider
- Wednesday 5th Dec Negotiating Your Salary and Other Conditions
- Thursday 6th December PP10: Marketing Your Practice: Databases for Your Practice

I would like to order a copy of the Self Hypnosis audio tapes for:

- anxiety management sleep
- resolving problems and issues of concern stress management and relaxation

I would like additional information about the:

- CAREER DAYZ™ Program **PROFESSIONAL PRACTICE PROGRAM** Series
- FIVE STEPS Program (to setting S.M.A.R.T. goals) Self Hypnosis audio tape series.
- Hypnotically Overcoming Pain Program **SEMINARS OF THE FUTURE™** Series
- Making Self-Hypnosis and Self-Talk Work for You Stop Smoking Program
- Managing Anxiety Program Stress Management Program
- Weight Management Program

- FEES: 1) 2007 Calendar Year Membership: \$49\$ _____
- 2) Seminars: Non-members: \$22 each (\$55 if paying 'at the door')\$ _____
- 3) Self Hypnosis audio tapes Members: \$30 each /Non-members: \$35 each
 Plus: \$5.50 audio tape postage and handling fee \$ _____

Note: All fees include 10% GST.

Name: _____

Address: _____ Postcode: _____

Phone: _____ (bh) _____ (ah) Fax: _____

e-mail: _____ web: _____