

STOP SMOKING For GOOD

**A Comprehensive, Supervised, Personal Program to
STOP SMOKING**

with the help of

**Life Coaching • Holistic Counseling • Clinical Hypnosis
Neuro-Linguistic Programming (NLP)
Emotional Freedom Techniques (EFT) Tapping
Energy Psychology • more**

A Positive Approach—PROVEN SUCCESSFUL!

Developed by

DIANNE RUTH, CCH, PhD



FEATURED TOPICS

- Understanding Your Habit
- Emotional Reasons for Smoking
- Effects on Your Body
- Positive Motivation and Reinforcement Techniques
- Special Deep Breathing Exercises
- Supportive Aids
- Methods for Stopping Smoking
- Coping With Withdrawal Effectively
- Alternatives to Smoking and Preventing Relapse
- Diet and Nutrition
- Vitamins and Other Natural Supplements
- Exercise
- Rewarding Yourself for New Behaviors

DR. DIANNE RUTH

PhD in Psychology • **Anxiety/Depression Care Coach & Holistic Counselor**

DrRuth@AnxietyCareCoach.com • DynamicResources.net

Call/text direct (619) 961-7500 • Sessions in Person or by Phone ... that Really Work