





- Are you ready to quit?
- Have you tried and found you keep going back?

At Lifepath Psychology, our practitioners offer hypnosis in conjunction with Cognitive Behavioural Therapy (CBT) to help you quit smoking.

We provide a personalised one-on-one service, tailoring each session to the individual.

Interested in quitting smoking and finding out more about hypnosis to quit smoking?

To find out more, contact us at Lifepath Psychology

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<sup>\*</sup> We understand that hypnotherapy has its limitations and may not be for everyone.