

New Hypnotherapist to The Bay Breaks a 52-Year Smoking Habit.

Hypnotherapy helped Pam Mayes kick a 30-a-day smoking habit.

After 52 years of smoking Pam was sick of coughing and "waking up with a dirty taste" in her mouth every day so sought the help of Advanced Structured Hypnotherapist, Shelley Burnette.

That was two years ago and since her session, Pam, 68, has completely lost the urge to smoke.

Shelley has helped many people like Pam in her successful Wanganui clinic and is now intending to do the same in Papamoa after recently moving to the Bay of Plenty.

Pam is proof that Shelley's methods work not only quickly but effectively. Pam said she had tried to give up smoking on her own. "I thought I could do it, but I couldn't."

Shelley made the difference in only one session.

Pam said she felt better since giving up smoking and is saving money, instead of buying cigarettes. "You have so much more energy," Pam said.

Shelley said, "The stop smoking therapy involves a one-hour session with the option of 30 minute back-up should the client need it. Most importantly the client has to be ready to stop smoking, as they will not do anything they do not want to while in hypnosis. Contrary to many beliefs you are



A successful combination: Shelley (left) and Pam.

actually completely aware in hypnosis, you are just really relaxed."

Shelley became involved in hypnotherapy first as a client wanting to give up smoking. She was cured and her interest in hypnotherapy grew from that point. While living in London she sought a diploma in the field and also studied Neuro Linguistic Programming under world-renowned therapists Paul McKenna and Richard Bandier.

Shelley has not only great success with people genuinely wanting to quit smoking, she sees clients for a variety of reasons. These include; weight, nail biting, phobias, alcohol, addictions, insomnia, anxiety, phobias, confidence, stress, fear of flying and more.

**Shelley is taking appointments now and can be contacted by phoning
021 038 4157 or by email hypnotherapy@paradise.net.nz
Visit her website www.shelleyburnette.com for more information.**