

A success coach and hypnotist having the title of "Dr." may sound a bit stuffy, but Dr. Keith Ward is anything but that. His down to earth yet dynamic approach to coaching has helped many overcome road-blocks and reach their goals through the use of mind-based learning strategies.



Dr. Keith Ward

A lifelong educator, Dr. Ward incorporates humor into his coaching sessions along with his own life experiences as a teacher, counselor, administrator, professor, family man and friend, creating programs that are highly engaging, effective and fun. In fact, the key to Dr. Ward's success is that his coaching techniques are so enjoyable that his clients look forward to their sessions knowing they will easily learn new behavioral concepts while having fun at the same time.

Keith holds a Ph.D. in Education from Michigan State University with an emphasis in curriculum development and organizational change. He also holds an M. A. in Counseling from Arizona State University.

Dr. Ward's search for more effective ways to teach and motivate adults led to his continued study of mind-based learning strategies and their application to organizations and individuals.

He is a certified Master Practitioner of Neurolinguistic Psychology (NLP) and a Certified Master Hypnotist. His private practice focuses primarily on smoking cessation and phobia relief, especially phobias related to public speaking, flying, allergies, and enclosed spaces.

## We approach smoking cessation from multiple angles:

- ☞ We assess your motivation for smoking and show you how to use that same motivation to quit permanently.
- ☞ You will change from seeing yourself as someone who smokes to someone who used to smoke.
- ☞ We reinforce your decision to quit by working with YOUR conscious and unconscious reasons for quitting smoking.
- ☞ Through post-hypnotic suggestions, we will give you an extremely effective and simple way to reinforce your decision to quit smoking once you leave the session. As a bonus, we'll embed post-hypnotic suggestions that reduce your cravings for "munchies" as you eliminate your craving for nicotine and tar.

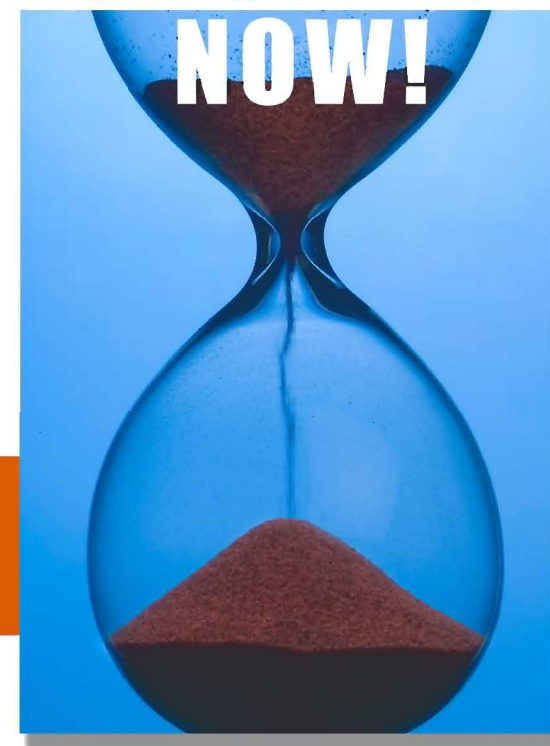
The Decision To Stop Smoking Is Yours.  
Will It Be **Now** or Not Now?



Call Dr. Ward at **704-325-9273 (Office)** or **267-614-5376 (Mobile)** for a free phone consultation to find out just how easy quitting smoking can be. With Quit for Good™ hypnosis techniques, he'll guide you to transfer the pleasure derived from smoking to a healthier habit of your choice. You'll leave your session feeling relaxed, happy and completely comfortable with the positive change you have made in your life and those around you. And you'll be confident in your ability to stay smoke-free without any unwanted side effects. Dr. Ward's methods work with you and for you to help you achieve your goal of becoming a successful nonsmoker – and REMAIN a nonsmoker.

# STOP SMOKING

# NOW!



# WITH HYPNOSIS

## GUARANTEED RESULTS

W. Keith Ward, Ph.D.  
Certified Master Hypnotist  
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# Quit For Good™

Quitting smoking is one of the most difficult things in life to do. Research shows that cigarette smoking is just as addictive, if not more so than heroin. So how does someone actually quit? Going “cold turkey” is a confusing nightmare. Nicotine gum is nasty and the patches are bothersome. Some try the organic approach with herbs, but somehow ingesting one plant to stop using another plant just doesn't sit right with me.

So what's a person to do? The answer is simple - **HYPNOSIS**.

Hypnosis is a relaxed, natural state between complete alertness and sleep. This state allows you to access and use the marvelous power of your unconscious mind. It's in the unconscious mind that powerful, positive changes are made. That's why it's such a popular choice for people wanting to quit smoking. It's important to realize that nicotine leaves the body within 48 hours of quitting smoking. So after just two days of quitting, all that's left to deal with is the habit – and this, my friends, is the hard part. Like any other addiction, smoking is a habit that needs to be changed or replaced. During hypnosis old, negative habits can be replaced with new, positive habits and ways of thinking. Hypnosis works because it addresses the most powerful source of the addiction – your mind.

Not fully convinced yet? Take a look at the following list of health benefits you will enjoy from the moment you quit smoking:

<b>In 20 minutes</b>	your blood pressure will drop back down to normal.
<b>In 8 hours</b>	the carbon monoxide levels in your blood stream will drop by half and oxygen levels will return to normal.
<b>In 48 hours</b>	your chance of having a heart attack will have decreased. All nicotine will have left your body. Your sense of taste and smell will return to a normal level.
<b>In 72 hours</b>	your bronchial tubes will relax and your energy levels will increase.
<b>In 2 weeks</b>	your circulation will increase and it will continue to improve for the next 10 weeks.
<b>In 3 - 9 months</b>	coughing, wheezing and breathing problems will dissipate as your lung capacity improves by 10%.
<b>In 1 year</b>	your risk of having a heart attack will have dropped by half.
<b>In 5 years</b>	your risk of having a stroke returns to that of a non-smoker.
<b>In 10 years</b>	your risk of lung cancer will have returned to that of a non-smoker.
<b>In 15 years</b>	your risk of heart attack will have returned to that of a non-smoker.



My Quit for Good™ hypnosis process is not “one size fits all”. I customize my work with you based on your smoking history, motivation and unique needs. That is why I guarantee in writing that you will **Quit for Good**.

