



# Barnard mind solution

Phone: (03) 5447 7306 Mobile: 0407 536 636

Address: 10 Tomkinson Drive, Golden Square, Bendigo VIC 3550

Email: [kerry@barnardmindsolution.com.au](mailto:kerry@barnardmindsolution.com.au)

## How does Barnard Mind Solution ensure your success?

A typical successful quit smoking session goes like this:

You'll be sitting in a very comfortable armchair, feet up if you like!

We'll have a chat about the situations in which you would have smoked in the past.

You will learn how to delete that old negative thought of "I want a smoke".

**You may like to think of the "I want a smoke" or any other negative or unwanted thought as the red warning light going off on the dash of your car. It's saying that something needs attention. Your mind is looking for a solution to the situation. Ignore or fight it and the situation will deteriorate.**

We'll show you how to choose a more appropriate way to handle that situation. It's all about matching the solution to the situation. It's multi-choice, so it's easy.

You get to lie back in the chair with your feet up and simply drift off into a pleasant daydream. I will have a chat to your unconscious mind and turn the switch in your mind to off – to non-smoker

**You are always in control. There's no going under, out to it and definitely no clucking like a chicken.**

As you return to being fully aware and awake we'll demonstrate that you are in fact now a non-smoker, with the strategies to stay that way in all situations.

You will receive an audio to play as you sleep at night to reinforce your new habit.

You also have me as back-up for the next six months. So if you are challenged in any way or not sure what to do, you can call me and we'll sort it out immediately.

You have two back-up buddy sessions as options as well.

**End result? You are still getting all the rewards you thought you were getting from smoking but now in a healthier, happier way.**

You are back in control of your thoughts and actions, free from the grip of cigarettes. A true non-smoker, not simply a smoker trying not to smoke!

Now you've learnt a new habit – a new skill – just like learning how to drive a car!

What could be better than that?