

13. You Can, Quit Smoking - Helen Mitas

Hypnotherapy to quit smoking.

Has smoking caused your stroke? Are you desperate to quit smoking but haven't yet found a way? Are you afraid of what might happen if you have another stroke?

Sometimes in life we pick up a habit early on in life that goes some way to solving a problem that we are experiencing and keep applying that solution regardless of whether it still has a purpose for much longer than is necessary.

Helen Mitas is a clinical Hypnotherapist, NLP master trainer, Author of Mindset Dominance. As a founder of Hypnofit she helps thousands of people become emotionally mentally and physically fit through her take control, live strong mind reprogramming Hypnofit Hypnosis Program.



To learn more about Helen and the work she does visit hypnofit.com.au and helenmitas.com