

Carole Samuda

Cognitive Hypnotherapist & Life Coach



Are you fed up of being controlled by cigarettes? Lets work together to help you quit. Many people think that giving up smoking is difficult. Most people get what they think they will get! If you have had enough of standing out in all weathers or being a social outcast, call me and let's break those chains and make a change for the better. Using Cognitive Hypnotherapy and NLP we can work together to help you become a non-smoker in the quickest, most effective way for you.

Take back the control and become a non-smoker.

Carole Samuda

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Break the chains that hold you back

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