

# Our Advent Calendar Christmas Gift Suggestion #7



It is never too late to quit smoking. Whatever age the smoker is, if they make the decision to stop, their health will benefit. However, the sooner a person quits; the faster the body can recover and the risk of developing serious health conditions will decrease.

The average cost of a 20-pack of cigarettes is £8.00. If a person is smoking 20 cigarettes a day for 10 years, they will have spent nearly £30,000. Quitting smoking could mean a person is £250.00 richer per month. Think about what someone could do with that extra money – as well as improving their health.

So, why not treat your loved one to a smoking cessation session at Mind Generating Success? Hypnotherapy has been used very successfully to help smokers give up the fags. And, quite often, it can be done in just one session.

For just £90 per session, Mind Generating Success – based in Edinburgh city centre – can help someone you love dearly kick the habit. Think of how 2017 will be for them having consigned smoking to history.

Gift vouchers for smoking cessation at Mind Generating Success are available now. Email [mike.smith@mgs-hypnotherapy-services.co.uk](mailto:mike.smith@mgs-hypnotherapy-services.co.uk) to buy them as a gift. After all, you can help improve someone's life – and what greater gift can there be than that?

Tel: 07521353787 (24 hours)

Website: [www.mgs-hypnotherapy-services.co.uk](http://www.mgs-hypnotherapy-services.co.uk)