

From: "Bryan D Toder, Hypnotist" <bryan@plymouthhypnosis.com>
Subject: **Fwd: Hi Bryan**
Date: April 15, 2009 2:47:17 PM EDT



From: Lawrence Feinberg <lsfeinberg@earthlink.net>
Date: April 15, 2009 1:57:43 PM EDT
To: "Bryan D Toder, Hypnotist" <bryan@plymouthhypnosis.com>
Subject: Hi Bryan

Hi Bryan:

It has been almost **two years** since I saw you. I hope you are doing well.

I came to you two years ago for help -- help to quit smoking. I was smoking three packs of cigarettes a day and sometimes more. I needed to quit smoking. I tried the cold turkey method to quit smoking -- that lasted maybe a couple of days.

I tried chewing gum when I had the urge to smoke -- that didn't work. I tried rinsing my mouth with salt water when I had the urge to smoke -- that didn't work. I went to smoking cessation counseling--that didn't work. I tried using the patch to quit smoking -- well, that worked until my dosage was reduced -- back to smoking I went.

My smoking was getting the better of me. People always noticed I had a cigarette in my mouth. My teeth were getting so bad because of smoking. I had discoloration. My teeth were getting loose because of smoking. People told me I looked older than I was because of my smoking. I needed to try something that I haven't tried before to quit smoking. I came to you for help.

I remember driving to see you. I was smoking so much in the car. I kept saying to myself "after today, no more smoking." Bryan, after our first meeting, I didn't have the urge to smoke. I thought about smoking. However, I never acted upon my thoughts of smoking.

After our first meeting, my urges to smoke disappeared. I was faced with several big tests with regards to smoking. Friends of mine smoked. I was tested when they smoked in front of me. I breathed the smoke filled air. Truthfully, it was a good smell. I passed the test, I did not ask for a cigarette. I didn't have the urge to smoke.

People can smoke around me, near me, next to me and that doesn't bother me. No, I am not the kind of person to tell people not to smoke or that smoking is not good for them. I didn't like it when people did that to me. I am a good testimonial that when people want to quit smoking for good, they will do so.

Bryan, it has been almost two years since I smoked a cigarette. I don't miss it for anything. Bryan, my teeth are much better now. I look younger than my age. I exercise more. I take long walks with my dog now. I have more money in my bank account now.

Thank you for your help and for saving my life.

Larry Feinberg