

## What some of our clients have recently said.....



"I feel very relaxed and pleased with the session result.  
I feel that my lungs are now full of fresh air, therefore I am breathing better"  
Valerie - Feb 2013



"As the session went on I felt different, breathing differently & actually felt I have never smoked. I felt fresh air & felt I was breathing it.  
Great experience even if nothing comes out of it"  
Salko - May 2013

"I found Wendy to be friendly and professional. I have come away feeling 100% positive that I am a NON SMOKER for LIFE. Thank you Wendy"  
Emma - May 2013



***In June 2014 Emma added to our facebook page:***  
***"I gave up smoking on 27 May 2013 with Wendy's help. I am over a year now and feeling fantastic. I would highly recommend Wendy to change your life as she has mine".***

"I felt satisfied & happy that I came to do this"  
Martin - June 2013



"I feel very relaxed and confident in taking the lessons I have learnt today forward in helping me never smoke again. Thank you Wendy".  
Adrian - July 2013

"I really want to stop smoking and this session will do that for me. I am happy to be a non smoker".  
Jane - August 2013



***... then in January 2014 Jane had this to say:***  
***"I am a happy non smoker now, I was very successful. On 30th August I gave up cigarettes. I didn't have withdrawal or anything, I found it quite easy. The session did that for me. I walked out a non-smoker. I have given up lots of times. I've given up now, I'm sure for ever, that's the way I feel... certainly longer than any time previously".***

"I now feel amazing and I never would touch another cigarette again.  
So thankful I did this program".  
Jacinta - September 2013



***"The session has given me the courage and knowledge to know I can achieve anything if I put my mind to it".***  
***Zelka - September 2013***

"I was ready to quit smoking and I am keen to enjoy the rest of my life as a healthy non-smoker".

"Never have another drag or puff".

Defy the voice in your head and realise your full potential".

Dimitra - November 2013

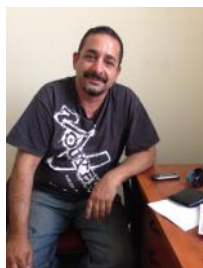


"Even though I felt I was ready to finally quit smoking, I still needed some assistance to do so. Wendy's session and education greatly helped me achieve my goal"  
Anton - November 2013

**In July 2014 Anton came to our information session and said, 7 months after quitting...**

**"I went from 8 packets a week to zero with your session.. without any withdrawal symptoms whatsoever. I couldn't believe it. It's been the best thing I've ever done. .. I look at things now differently... I don't miss it at all."**

**See the full video of what Anton had to say at [www.makechanges.com.au](http://www.makechanges.com.au)**



"I believe that now only after 60 minutes, I am a non smoker, and that I will never reach for a cigarette again"  
Oreste - November 2013

"I'm very positive that everything is going to go to my plan. If you are serious. Definitely give it a go"  
John - December 2013



"Come along to a session, it will be the best decision you'll ever make"..  
"I feel very relaxed.. very confident"  
Zoran - March 2014



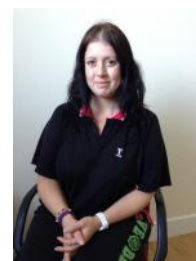
"I have now become a non-smoker for life!  
- and my health will improve substantially over the next .. coming months"  
Janice - March 2014



"I feel good about the way it all happened, and I'm glad I came"  
John - March 2014

"I feel great right now, I'm smiling and look forward to a new happier me!  
A healthier me!"

Tina - March 2014





Amongst other things Maria said: “It makes you think differently.. I’ve never experienced it this way (hypnosis), **because I have done it a couple of times.. this was something completely different..**

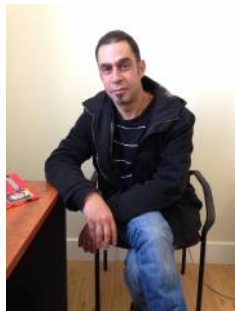
Maria – June 2014

See full video testimonial at [www.makechanges.com.au](http://www.makechanges.com.au)



“Being a non-smoker is the best thing that happened in my life. This visit was definitely the changing point”.

George – June 2014



“I believe I needed that re assurance that I have the will power and strength to be a non-smoker.

The session was painless and positive and Wendy was very positive from the moment I entered her room which made me positive”.

Con – June 2014

“Very surprised how relaxed (and) calm the experience was”.

Mario – July 2014

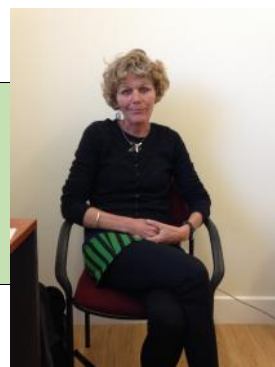


“It is the way in which to empower yourself and make the change that you want to make.

I was nervous coming – but now I feel equipped to tackle life head on”.

- Viveka

I’ve done hypnosis years ago and it wasn’t successful, apparently I couldn’t be hypnotised... but today ... I felt it was the right time for me.. it felt right today.. I felt that my mind was really open to suggestion... I feel like I’ve committed now. - Bronwyn





Angela Quit Smoking 8 months ago (Nov 14) and tells us about it.

"It's like I've never smoked before. I don't need to smoke". Angela was a 30 a day smoker and says she hasn't had any urge and "it's like I don't need willpower".

Check out [www.makechanges.com.au](http://www.makechanges.com.au) for the video of what Angela had to say.

Stuck in a never ending loop of going back to cigarettes when life got difficult, I booked in for a hypnotherapy session to quit with Wendy. Whenever I have quit before I have a last cigarette at night, start on nicotine patches the next morning and 'hope' to get thru the 1st day, then the 2nd etc etc-always a real struggle that first week. Each time I'd tried to quit lately I couldn't get thru the first day. I have NEVER been able to quit part way thru a day-ever.

My session with Wendy was at 12.30, I had a 2 hour drive there after working away and arrived with maybe 20-25 cigarettes smoked- like I was saying goodbye to them. I had my session with Wendy, over an hour.

I drove back the 2 hours for work. I did not even FEEL like having a cigarette. Haven't since other than one or two moments seeing it in a film and thinking it looks nice, but didn't still actually want one.

Its 7 weeks today- Its like a minor miracle to be honest. I don't know how the hypnotism works, it just does. Its like they hold no appeal to me- I'm not repulsed by cigarettes either- they are just nothing to me.

Oh, and I spent years working for a tobacco company, at my worst of 30 years smoking I hit 80 a day. If this stuff works for me-Wendy can make it work for you.

As I say, I don't know HOW it works, I just know that it DOES work.

- Dean, Flemington - August 2015



"Fantastic I haven't smoked in almost 2 weeks and feel amazing no more tiredness during the day. Wendy made it so easy to give up smoking almost like a miracle. Thanks Wendy x"

Maria – March 2016 (review posted on facebook)

See our website for more reviews and information at [www.makechanges.com.au](http://www.makechanges.com.au)