

# The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

Hypnotherapy & Hypnosis by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS [www.TheUniverseWithinUs.com](http://www.TheUniverseWithinUs.com)

We provide you with all the tools. The rest is up to you. You are now in total control. You CAN become smoke-free for life!

## I Now Choose to Live Smoke-Free System<sup>©</sup>

OR mp3 Edition

For a limited time only

**\$99.95** Plus P&H



### What You Will Discover in Your System 4 CD Pack

This is the star of this Pack. **I Now Choose to Live Smoke-Free<sup>©</sup>** is a **complete 57 minute Hypnotherapy Session** - 57 minutes of only **FULL hypnotherapy**. Also included within this hypnotherapy session is 25 spoken affirmations – and as they are echoed, they become 50 for your subconscious mind. The difference between hypnosis and hypnotherapy is hypnotherapy contains an actual **'therapy'** component which must be presented by a qualified hypnotherapist, whereas hypnosis is more general. **I Now Choose to Live Smoke-Free<sup>©</sup>** arrives on a CD in **rich CD format**, ready to play on any standard CD player. You will also discover a folder on **this CD containing the exact recording in mp3 format** which can be played on a computer, DVD player, iPod, mp3 player – anything that plays mp3.

The recordings in this Pack are usually only available to Tina J Costello's private patients and are only available for general sale for a short time. The success rate of patients – who follow the entire **I Now Choose to Live Smoke-Free<sup>©</sup> System** of recordings, and complete the provided **Daily Accountability Planner<sup>©</sup>** and **Reminder** pages - is 100%. **This 100% success rate is guaranteed! This is a REAL guarantee backed by a money-back promise.** If you listen to **I Now Choose to Live Smoke-Free<sup>©</sup>** daily for 21 days along with the other recordings in the Pack, you will be smoke-free for life. Even if you stop

smoking immediately, you still have to complete the entire **I Now Choose to Live Smoke-Free<sup>©</sup> 21 Day System** to ensure you will be smoke-free for the rest of your life.

This **System** contains some other recordings included in this Pack. Track 1 Disk 1 contains a very important 30 minute recording detailing how, and why, these recordings will work for you. It also explains why Disk 2 **The Confident You<sup>©</sup> FULL 62 minute hypnotherapy** (not hypnosis) recording is also included in the Pack and why this should be the first hypnotherapy session you should play. This recording contains a **massive 181 spoken affirmations** echoed (becoming 362) within the full hypnotherapy session. As with all our recordings in this Pack the **mp3 version** will be found in a folder on this CD.

The next CD is **I Now Choose to Live Smoke-Free<sup>©</sup> 210 Affirmations** (echoed to 420 affirmations) recording. This goes for a full 63 minutes. **This is a fabulous recording of up-tempo tracks of music to accompany the affirmations. As this recording contains no brainwave tones, it is safe for anyone to listen to anywhere. Everyone LOVES this recording** as they consciously forget the affirmations and purely enjoy the music. The subconscious mind will do all the work of listening to the affirmations for you. You don't have to

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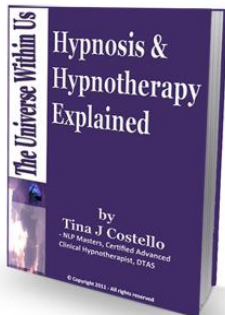


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## I Now Choose to Live Smoke-Free System©



**WARNING:** I Now Choose to Live Smoke-Free©, The Confident You©, and 10 Minute Boost Break© all contain brainwave tones. Do not listen to those recordings whilst driving, operating heavy or dangerous machinery. Do not listen if you suffer from epilepsy, fits or seizures, are photosensitive, pregnant, or under the influence of drugs or alcohol.

### POSTAGE

To keep the postage costs down for our internet customers, your CD's will leave here in CD detailed printed paper sleeves, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$5.50).

be in a passive state to listen to this CD; in fact you will feel rather energized! This is great to have playing in the background in the car, or on your mp3 player while you exercise, or while doing absolutely anything! As with the previous CD's the mp3 version will be found in a folder on this CD.

The final CD in our **I Now Choose to Live Smoke-Free System©** is our **10 Minute Boost Break©** recording. This has been recorded so that no excuses can be made about not having time to work on your new smoke-free life. The **10 Minute Boost Break©** should be experienced wearing a headset and contains stereo isochronic pulsing tones as well as calming sounds of the surf. During the recording you will be asked three questions which your subconscious mind can ponder while you sit back calmly and relax.

Within the Pack you will also find some pdf pages to help you achieve success. These are the **Daily Accountability Planner©** and **Reminder** pages mentioned on the previous page. It is part of the System to complete these two pages each day. One page all that is required is to tick a few boxes, while the other page only needs a few words or sentences. These help keep you on track and motivated. You will love these. We have also included on Disk 1 (where you will also discover a copy of this flyer) a 50 page eBook copy of **Hypnosis & Hypnotherapy Explained** by Tina J Costello. It goes

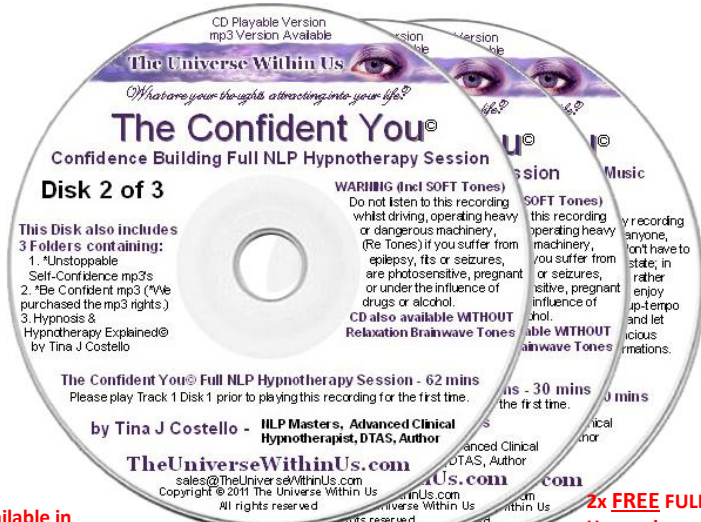
into more detail about what to expect during your hypnotherapy sessions than Track 1 Disk 1 offered. It is a good little read and not nearly as boring as the title may imply. It is always a good idea to have a complete understanding of what you are doing, and why. Plus it helps to explain the process to your family and friends.

As with everything **The Universe Within Us** offers, we have also included a couple of mp3 **FREE GIFTS**. These will be found on Disk 1 with the **10 Minute Boost Break©**. They are both US hypnosis recordings. The first one is **Stop Smoking** by **Jesse Berg** which is sold successfully on eBay where you can learn more about the recording, and the second one is **Quit Smoking** by another US hypnotherapist. We bought the master reseller rights to these products especially so we could offer them to clients as free comparative gifts. They are not up to Tina J Costello's standards, but as they are offered free we recommend you use them, but **NOT** as a replacement for any of the **I Now Choose to Live Smoke-Free© System** of recordings. **We genuinely want you to be smoke-free for life!**





Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



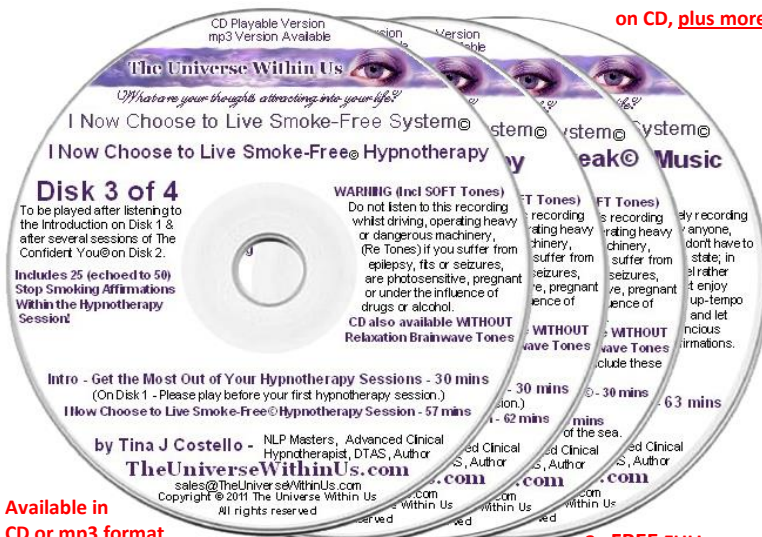
Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



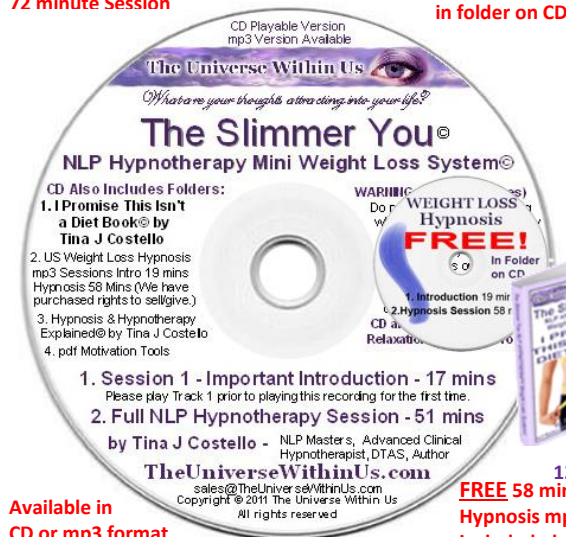
Available in CD or mp3 format 72 minute Session

Now includes FREE 44 min Hypnosis mp3 in folder on CD!



Available in CD or mp3 format

2x FREE FULL Hypnosis mp3's included in folder on CD, plus more!



Available in CD or mp3 format

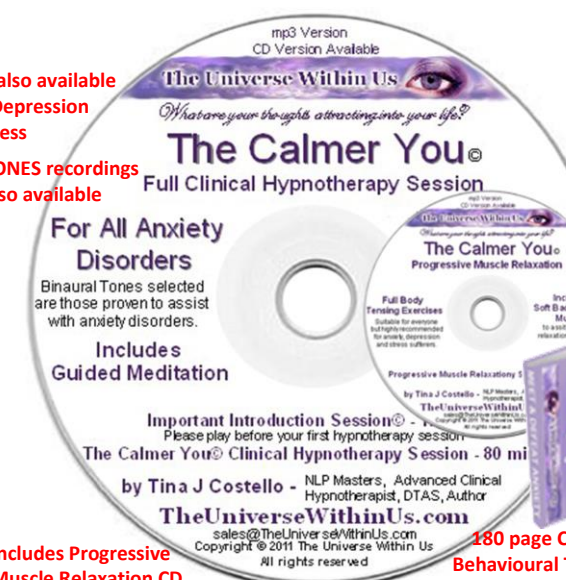
120 Pages! FREE 58 min Hypnosis mp3 included plus more!



Available in CD or mp3 format

FREE Beethoven's Music Box

Sets also available for Depression & Stress NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for a **limited time**. Other CD's in her range will be released soon. **Please check back regularly.**

[www.TheUniverseWithinUs.com/The\\_Confident\\_You\\_3\\_CD\\_Hypnotherapy\\_Pack\\_Flyer.pdf](http://www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf)

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For more Information please view the Flyers to share, go to the website below, or email us for special pricing updates – which can be available – with the name of the specific recording in the subject line. **Flyer 'Special Prices' are at time of printing and may change without notice.**