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## **Ben Affleck Tells Oprah “I Quit Smoking” But How Did He Do It?**

(San Diego, CA) Appearing on the Oprah show on January 22, 2008, Ben Affleck Tells Oprah that he quit his pack-a-day 20 year smoking habit. But how did he do it? What was the key?

Ben Affleck attributes his giving up his smoking habit to his daughter, his friend and fellow actor Matt Damon, and to a hypnotist. It seems that the impending birth of his daughter Violet with wife, actress Jennifer Garner, is what made him determined to give up the habit. His friend, Matt Damon, recommended hypnosis. A few years before, Matt had given up his smoking habit with hypnosis, something he announced on the Tonight Show with Jay Leno.

Greg Turner, a Certified Clinical Hypnotherapist and expert in helping people to give up the smoking habit using hypnosis says that Ben Affleck's story illustrates the one key thing a person needs to successfully give up smoking.

“A person needs to have made the decision, that they really want to give up smoking. This decision has to be vitally important. A person has to really want it. Without that, methods to give up smoking will have only a temporary effect, if at all. And it has to be a decision for yourself. Giving up smoking because someone else is pressuring you just won't work. ” says Greg.

In spite of knowing all about the dangers of smoking, most people are afraid to make that decision because they fear what will happen once they no longer smoke. They fear being bored to death, fear being overwhelmed with stress, or fear having a big empty hole in their lives as a result of being smoke free.

Greg says, “This is where hypnosis really shines. It helps people to give up the cigarette habit by helping people deal with boredom and stress and whatever other reason they think they need cigarettes for. For example, hypnosis helps you to remain calmer in the face of stressful situations. You change your thinking so that you are no longer bored. After a hypnosis session, the former smoker just does not feel the need for a cigarette.”

Hypnosis can seem magical but it is not magic. It helps to remove the subconscious needs to smoke.

**Bio:** Greg Turner is a Certified Clinical Hypnotherapist and owner of the Center For Faster Healing With Hypnosis with offices in Pacific Beach. In the past he has worked with veterans through Operation Home Front, taught hypnosis skills for local groups, and worked pro-bono with clients who have cancer.

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