

Watertown Hypnotist Helps People Stop Smoking in One Hour

If you are having trouble giving up smoking, Joseph Sweeney can help you—in just one hour.

The Watertown hypnotist uses techniques that change cigarette smokers into non-smokers in sixty minutes. He says the system he uses has a 95% success rate in one session, a claim that is backed up by a study conducted by an Oxford statistician.

Lifetime Guarantee

In fact, Sweeney is so confident of success that he offers a lifetime guarantee. As he explains, “These unique, precise breakthrough techniques take hypnosis to a new level in helping people take back control of their lives, without cigarettes. As far as I know, we’re the only hypnosis group in the state that backs up their work with a guarantee. We couldn’t do that if our clients didn’t get excellent results.”

That means if a client ever needs additional help, if it is two months or two years down the road, they can come back at no additional charge, ever.

Doctors Recommend

Many doctors are now beginning to understand the medical benefits of hypnosis.

“Just yesterday a client told me that her physician had her try nicotine patches and then a prescription drug, Wellbutrin, in efforts to help her quit smoking. Both had bad side-effects for her and neither helped her quit. Finally her doctor recommended that she try hypnotism, confiding that his own wife had quit smoking after one session.



Joseph Sweeney in his Watertown office.

“So she called and scheduled a session.” Joe adds, “I’m glad physicians are seeing the benefits of hypnosis as a method for stopping smoking.”

Ready for Change

The hypnotist emphasizes one important point. “I have to stress that to achieve success the client has to want to overcome the problem,” Joe explains. “I can’t make a person do something they don’t want to do. But, if a client wants to quit smoking then our program can help them be 100% successful.”

Amazing Client Results

Clients seem to feel a sense of elation and relief that they are finally free from smoking.

“I am glad I used hypnosis because I feel I have finally found the willpower to quit smoking,” says client M. Dunn. “I feel empowered and free from the domination of cigarettes. I haven’t felt this good in a long time.”

And his clients certainly sense that something inside them has changed.

“I am glad I used hypnosis to stop smoking and become a non-smoker because the feeling it made me have, makes me *know* that I will not smoke again,” emphasizes client B. Eagan.



The hypnotist’s Watertown office.

Scheduling a Session

Word is spreading about the success of Sweeney’s clients, so much so that he is typically booked two to three weeks in advance. “The good news is we get great results. The bad news is we’re typically dealing with a waiting list of two to three weeks at this point—but even the medical profession believes it’s worth waiting for.”

(Rapid Change Hypnosis is located at 118 Main Street, Suite 1B, Watertown, MA. Appointments may be scheduled by calling 617-388-5546.)