

Your friends and family will be proud of the radiant new person you've become!

We know that learning how to visualize and relax can be life changing. We see it every day. CVR can boost your confidence and finally let you reflect an inner health and happiness. But you don't have to take our word for it . . . we think our happy clients tell it best



"I started smoking when I was a teenager. I tried to quit cold turkey and, when that didn't work, I tried weaning myself off. I'd have horrible mood swings and suffer intense cravings, especially around other smokers. When I started gaining weight, I'd cave. Once I met the creator of CVR, Dr. Patrick Porter, everything changed. Dr. Porter showed me how to use relaxation and creative visualization to become a nonsmoker for life!"

**John Conkle,
Virginia Beach, Virginia**

Is **Creative Visualization & Relaxation** the right smoking cessation method for you?

- Have you tried to quit smoking before and failed?
- Did you try the patch or gum, only to realize you were still mentally addicted?
- Do you have mood swings and cravings every time you try to stop?
- Do you have a hard time seeing yourself as a nonsmoker?
- When you tried to quit in the past, did you still feel like a smoker?
- Do you want to be free from your habit for good?
- Is it about time you did something for **YOU**?

If you answered **YES** to any of these questions, please call and ask to schedule a complimentary demonstration of light & sound, at an authorized PorterVision affiliate

VIBRA-TRAIN Ph: 07-8525528

Kick Your Smoking Habit program includes more than a dozen titles . . . Here are just a few:

- Making the Decision to be a Non-Smoker
- Making Peace With Your Mind
- Planning Your Life as a Non-Smoker
- Thinking Like a Non-Smoker



PorterVision, LLC. ©2010 All Rights Reserved

Help Kick Your Smoking Habit...



Discover The Visualization Station

Available at **VIBRA-TRAIN**
Shop 27 Rototuna Centre, Thomas Rd, Hamilton
Phone 07-8525528

your body is an
Expression
of you

CREATIVE VISUALIZATION & RELAXATION

The Ultimate Solution

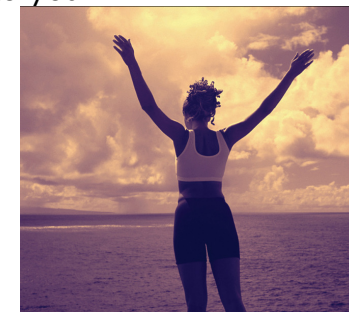
What makes the CVR different from other smoking cessation programs?

Most smoking cessation methods focus on nicotine—and depriving you of it—when, in reality, the most important element in quitting smoking is your *internal view of yourself*. When your perception of you changes from that of a

“smoker” to that of a “nonsmoker,” you will no longer desire cigarettes. In other words, CVR helps you focus on thinking, feeling and acting like a nonsmoker, which motivates you to keep tobacco-free for life

The founder of CVR spent more than two decades studying the attitude and behaviors of nonsmokers. They knew the key to

permanent success was hidden in the underlying psychology of people who don't smoke. In each CVR session, these keys to success are passed along to you.



Now you can get help to kick your smoking habit for good . . . and have the healthy life you deserve . . . quickly, easily and affordably

Some people can quit smoking cold turkey. For the rest of us there is a breakthrough program that uses creative visualization and relaxation (CVR) to help you quit without discomfort or withdrawals—it's called **The Minds Potential**.

How will CVR help me stop smoking?

CVR can help you see yourself as a nonsmoker. Once you have this new image of yourself, everything else changes—cigarettes lose their appeal, being free from the smell and hassle becomes a priority, you can finish a meal or be around other smokers without craving cigarettes, and you in all other ways live your life as if you had *never even smoked*.

Reclaim Resides Within!

THE HEALTHY VIBRANT YOU
THAT ALREADY

When I developed CVR, I did so with one thought in mind—to help as many people as possible change their lives for the better *by using the tools they already possess*.

By picking up this brochure, you've taken your first step on an astounding journey of self-discovery. If you haven't already read through all the information here, I encourage you to do so now.



Patrick K. Porter, Ph.D.

PorterVision uses the ZenFrames, light and sound relaxation system combined with guided CVR sessions so you can now take your stop smoking program with you wherever you go!

Ph: 07-8525528

www.vibratrainhamilton.co.nz