

**HYPNOTHERAPIST WANTS TO SAVE 5 LIVES**

**Five people wanted to STOP SMOKING for FREE, during Covid-19**

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Five lucky people are to have the chance to become non-smokers. Denise Bosque, Clinical Hypnotherapist/Coach is giving away five FREE hypnotherapy sessions – worth £2,000 in total – to five deserving people.

If you are a smoker COVID-19 is particularly severe as you're more likely to get acute respiratory infections and have a higher risk of them becoming severe. "There has never been a better time to stop smoking.", Denise says.

"Quitting is hard for many, and perhaps even more so now. Many people have often tried to stop smoking and failed. However, hypnotherapy can help make quitting easier by breaking the psychological connections and triggers around smoking". She goes on to say: "I help people to reduce the *fear* of quitting smoking by changing their mindset and making emotional and lifestyle changes permanent. There are no quick fixes, but with the right frame of mind, people can, and do stop smoking."

Denise has pledged to give away a free session that can be done **online** to five people, in a bid to make a difference and change lives.

She has asked that people contact her to nominate themselves by telling her what they have done to help someone else through the current crisis. People can also choose a friend or relative whom they think needs some help and is deserving of the free session.

"I've been helping my community in different ways during this time when I suddenly thought of offering hands-on help to stop smoking. I'll be taking entries, then discuss with friends and colleagues to decide whom to give the free sessions. There must be lots of people out there, so busy helping others, that they often neglect themselves." To be in with a chance of being given a free session, email [denisebosque@gmail.com](mailto:denisebosque@gmail.com) or enter at <https://denisebosque.com/FreeStopSmoking> with no more than 100 words as to why you deserve to stop smoking. Entries to be in by **12th May 2020**

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## Notes to Editors

Denise Bosque started her career as a professional actress and is now a Clinical Hypnotherapist, Linden Anxiety Recovery Coach, EMDR Practitioner, Master NLP Practitioner and Mindfulness Teacher.

Based in Twickenham, she has been in private practice for nearly 20 years, helping thousands of people. She has authored a Hypnosis CD, over 300 articles, and is currently writing a book on Anxiety Recovery. She has run Self-Development retreats in France, trained people in Public Speaking & Mindfulness, and regularly gives talks on various subjects, often around Anxiety, Phobias, Relationships and Self-Development.

In September 2019 she started "Anxiety-Buster Confidence-Booster" a podcast with listeners in over 58 countries.

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**Denise Bosque D.Hyp, MBSCH, NLPMP, EMDR, LAR**