

RAPID RESPONSE THERAPY



BEHAVIOR MODIFICATION THE EASY WAY

You may be learning about Rapid Response Therapy for the first time, though it uses concepts you know quite well. It is a form of advanced energy therapy based on areas of the body known as meridians. These are energy pathways or channels. Chinese physicians have been using these energy pathways for 5000 years with remarkable results, results that are certainly available to you, coupled with changing habits through behavior modification. While this booklet is about ways to become a non-smoker, Rapid Response Therapy also produces excellent long-term results for:

- Weight issues
- Pain control
- Stress and anxiety
- Peak performance

Imagine your life with any of these challenges only in your history, not in your current reality. You can have that with Rapid Response Therapy. Dr. Terry M. Gibson, of Chico, California, is one of only a few doctors in California who is trained and proficient in Rapid Response Therapy.

Dr. Gibson is available for phone consultation worldwide and in-person consultation in northern California.

Rapid Response Therapy

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1 Set a quit date. Decide what day you will extinguish your cigarettes forever. Write it down. Plan for it. Prepare your mind for the “first day of the rest of your life.” You might even hold a small ceremony when you smoke your last cigarette, or on the morning of the quit date.

2 Visualize your way to becoming a non-smoker:

- Close your eyes.
- Imagine yourself as a non-smoker.
- Watch yourself turning down a cigarette that someone offers you.
- See yourself throwing all your cigarettes away, and winning a gold medal for doing so.
- Develop your own creative visualizations.

3 Imagine how much better your life is going to be when you stop smoking.

Really imagine it's months from now and you successfully stopped. Smoking is a thing of the past, something you used to do. Keep that feeling with you and imagine having it tomorrow, and for the rest of next week. In your mind, imagine stepping into that non-smoking version of you and feel how it feels to be a non-smoker.