

I Wanna Quit, Butt...



The Best
Smoking Cessation Program
in Town!

*Life Script
Counseling Services*

*"Offering you success
when other methods
have failed"*

Tom Porpiglia

MS, LMHC, D.CEP, EFT-ADV, VV



(585) 704-0376

www.LifeScriptCounseling.com

Have you tried
any or all of these methods
and still failed to quit smoking?

- ✕ Zyban
- ✕ Hypnosis
- ✕ The Patch
- ✕ Cold Turkey
- ✕ Acupuncture
- ✕ Nicotine Gum
- ✕ Nicotine Inhalers

Why don't they work? Find out inside!



Mission Statement

The mission of Life Script Counseling is to
"Help You Reclaim Your Life." If you are
discouraged with traditional approaches
to smoking cessation, then Life Script
Counseling Services is the place for you.

Benefits Offered

- ✕ Visa/MasterCard/DiscoverCard accepted
- ✕ No insurance limitations
- ✕ YOU maintain confidentiality
- ✕ Customized, on-site EFT Seminars

How the process works

- ✕ You create an inventory of your triggers or associations to smoking
- ✕ We use EFT to control/eliminate cravings
- ✕ We use EFT to disconnect the triggers emotionally and energetically
- ✕ We use EFT to change your self-sabotaging thoughts
- ✕ We use EFT to address other issues associated with smoking

Benefits of Using EFT

- ✕ You learn the method
- ✕ Minimizes withdrawal
- ✕ Removes cravings quickly
- ✕ No drugs, gums or patches
- ✕ Minimizes switched addictions
- ✕ Changes realized in the moment
- ✕ Corrects Psychological Reversal
- ✕ You can use EFT anytime you want to
- ✕ Easily breaks connections to triggers and associations
- ✕ Can also be used on the issues underlying the addiction

Call Now!

585-704-0376

Call now to find out about

**The Best Smoking Cessation Program
in Town!**

Facts About Smoking

- ✗ Causes health problems
- ✗ It is an ADDICTION, not a HABIT!
- ✗ Very expensive \$\$\$\$\$\$
- ✗ Decreasing in popularity
- ✗ More pro-nonsmoker laws
- ✗ Psychological Reversal is present

Facts About Addictions

- ✗ A person uses substances (food, sex, alcohol, drugs, etc.) to self-medicate so they do not have to feel or face underlying issues
- ✗ Psychological Reversal is present
- ✗ Requires treatment approach to remove the addictive craving, address the underlying issues, address the triggers and associations, and compensate for Psychological Reversal
- ✗ People switch addictions

Psychological Reversal

- ✗ Is an opposite thought or belief to the goal or intention
- ✗ Prevents success or healing
- ✗ Causes self-sabotage
- ✗ Always present with addictions, depression and degenerative disease
- ✗ Is situation-specific
- ✗ Can be verified with muscle testing
- ✗ Is corrected with EFT

About Tom Porpiglia



- ✗ Caring
- ✗ Skillful
- ✗ Creative
- ✗ Intuitive
- ✗ Supportive
- ✗ Empathetic
- ✗ Compassionate
- ✗ Master EFT Practitioner
- ✗ Over 7 years experience

Other Counseling Services

- ✗ Depression
- ✗ Relationships
- ✗ Allergy Elimination
- ✗ Weight Management
- ✗ Healing Trauma and Abuse

EFT Also Works On Many Other Issues.



Location

500 Helendale Road, Suite 110
Rochester, NY 14609
585-704-0376

Tom@lifescrptcounseling.com

www.LifeScriptCounseling.com

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EFT Premise

The cause of all exaggerated, abnormal emotional reactions, including **addictions**, is a distortion or blockage in the body's energy system. Restoring the normal flow of energy removes the reaction to the issue, permanently, in most cases.

Traditional Psychology

Change Thinking, Emotions Change
This is difficult to do.

EFT Psychology

Change Emotions, Thinking Changes
This is easy to do.

Emotional Freedom Technique™ (EFT) is

- ✗ Safe and gentle
- ✗ Simple to use
- ✗ Effective and quick
- ✗ 80-90% permanent
- ✗ Without known side effects
- ✗ Able to free up emotional energy
- ✗ Able to correct **Psychological Reversal**
- ✗ **Successful where other methods have failed**
- ✗ A healing tool for the new millennium

Call (585) 704-0376 today to find out how this powerful technique can help you become smoke-free - quickly and easily.