

FOR IMMEDIATE RELEASE

Castle Peak Publishing

PH: 403-289-2651

Email: getbooked@shaw.ca

STOP SMOKING AND START LIVING!

Dr. Tim Hall, author of *Uproot Your Past, Nourish Your Present, Enhance Your Future Through Self-Hypnosis*, has helped countless people who have struggled with smoking addictions, become NON-Smokers.

"It's all in how they perceive themselves," says Hall.

"You can use self-hypnosis techniques to effortlessly quit smoking! As a result, you will be creating a healthier life and environment, not only for yourself but for those you love. "

Dr. Hall's reference guide has everything you need to know to change your life. He explains in detail the way we are all emotionally and psychologically wired. He gives tons of examples, and even gives us exercises to do that will result in changes, right NOW!

Dr. Tim Hall is a fascinating and thrilling person to interview. His topic is a favourite among today's audiences and readers.

If you would like more information, or to book Dr. Hall for an interview, please contact us at:

403-289-2651 OR e-mail us at tim@drtimhall.com.

We would be happy to send you a promo package with FAQ, a newspaper review, and a book, upon request.

###