

# New Quit Smoking Hypnosis Program Helps Vapers Break Free with Mind Reset Method

*The Behavior Change Coach launches specialized hypnotherapy program targeting vaping addiction with proven behavioral modification techniques.*

SURPRISE, AZ, UNITED STATES, April 10, 2026 /EINPresswire.com/ -- The Behavior Change Coach announces the launch of "The Mind Reset Method," a comprehensive quit smoking hypnosis program specifically designed to help individuals overcome vaping addiction. The program, developed by certified hypnotherapist Johnathan Smith, combines clinical hypnosis with neuro-linguistic programming (NLP) to address the psychological patterns that keep people trapped in vaping habits.



Johnathan Smith

The Mind Reset Method targets the subconscious drivers of addiction, offering participants a path to break bad habits without relying solely on willpower. Smith's approach addresses both the physical dependency and the behavioral triggers that make quitting vaping challenging for millions of Americans.

"Traditional methods often focus on the physical aspects of addiction, but lasting change happens when we reprogram the mind," said Johnathan Smith, The Behavior Change Coach. "Our quit smoking hypnosis approach works with the subconscious mind to eliminate cravings and replace destructive patterns with healthier responses."

The program utilizes clinical hypnosis sessions that can be accessed remotely, making professional hypnotherapy available to individuals searching for a "hypnotherapist near me" regardless of location. Participants learn to identify triggers, develop new coping mechanisms, and reinforce their commitment to a vape-free lifestyle through guided visualization and behavioral modification techniques.

Recent studies show that hypnotherapy demonstrates significant success rates in helping people stop smoking and overcome addiction. Smith's methodology builds on this research, incorporating personalized approaches that address individual behavioral patterns and psychological dependencies.

"The beauty of hypnotherapy is that it works with your natural ability to change," Smith explained. "We're not fighting against the mind – we're partnering with it to create lasting transformation that feels natural and sustainable."

The Mind Reset Method includes multiple hypnosis sessions, educational materials about addiction psychology, and ongoing support resources. Participants gain access to tools designed to reinforce their progress and maintain long-term success in their journey to quit vaping.

The program is available through <https://thebehaviorchangecoach.com> and can be completed from home. Smith emphasizes that the approach goes beyond temporary fixes, focusing on fundamental shifts in thinking and behavior that support lasting change.

Individuals ready to break free from vaping addiction can learn more about The Mind Reset Method and begin their transformation journey by visiting the website or scheduling a consultation with The Behavior Change Coach.

Johnathan Smith

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