

Biography



Jennifer Clare is a therapeutic coach, combining hypnotherapy, NLP (Neuro Linguistic Programming) and Matrix Therapies. As part of her Thought Matters practice, (www.thoughtmatters.com), she specialised in smoking cessation work, helping people quit smoking in just one session.

Born in the UK, but growing up in New York state, she always had an interest in what makes people tick. Through a varied career encompassing hairdressing, bar tending, restaurant management, journalism and goat farming, Jennifer found her niche while living in Australia, where she studied NLP and hypnosis.

Now living in the UK, she has devoted her life to helping people quit smoking so they can live more authentic lives. A one-time smoker herself, she brings a wealth of personal and clinical experience to her book, *Stub Out The Habit - Quit Smoking Without Cravings Or Regrets*, available from www.stuboutthehabit.com