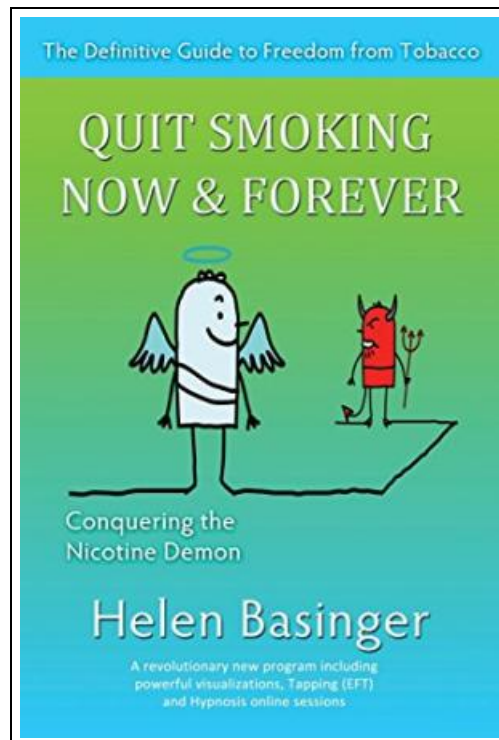


Quit Smoking Now and Forever! Conquering the Nicotine Demon (Paperback)



Filesize: 4.73 MB

Reviews

This ebook will be worth acquiring. It is actually written in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Trystan Yundt)

QUIT SMOKING NOW AND FOREVER! CONQUERING THE NICOTINE DEMON (PAPERBACK)



First Edition Design eBook Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.For over 4 years, certified master clinical hypnotist Helen Basinger has empowered smokers to overcome their addiction within her practice, Freedom Healing. Now, her revolutionary cessation program is available. Quit Smoking Now and Forever! is the complete guide for finally conquering the nicotine demon. The text is designed to speak to the subconscious as well as the conscious mind, allowing someone who smokes to literally change their mind about being a smoker as they turn the pages. For nicotine addicts wanting their health, looks, libido, energy, time, and money back, this book offers the solution. This is a very powerful program consisting not just of a book, but a whole arsenal of cessation tools. In order to eradicate cravings, release anxiety, and dispel the illusion of smoking as pleasure, there are Tapping and breathing exercises for the reader to follow. An online hypnosis MP3 designed to change the brain back to how it was before nicotine hijacked the system comes part of the package. There are also visualizations that work on the subconscious mind, cutting the chains of addiction and creating a new smoke-free persona. Quit Smoking Now and Forever! is for all those people who have raised their heads above the smoke long enough to realize they need to find a way out. They have probably tried and failed a number of times and are now looking for a definitive solution. With an insatiable urge for ever more money, cigarette manufacturers have now introduced 600 additives, ranging from ammonia to chocolate, into their already genetically modified tobacco-making cigarettes the most addictive drug in the world. It has become so bad that according to the Surgeon General...



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