



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

By Helen Basinger

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...



READ ONLINE
[8.38 MB]

Reviews

An extremely awesome pdf with lucid and perfect reasons. I was able to comprehend everything using this published e pdf. You can expect to like how the blogger compose this pdf.

-- Miss Peggie Sanford I

Without doubt, this is the very best operate by any writer. This is for all those who statte that there was not a well worth reading through. I discovered this pdf from my dad and i suggested this book to find out.

-- Dominique Huel