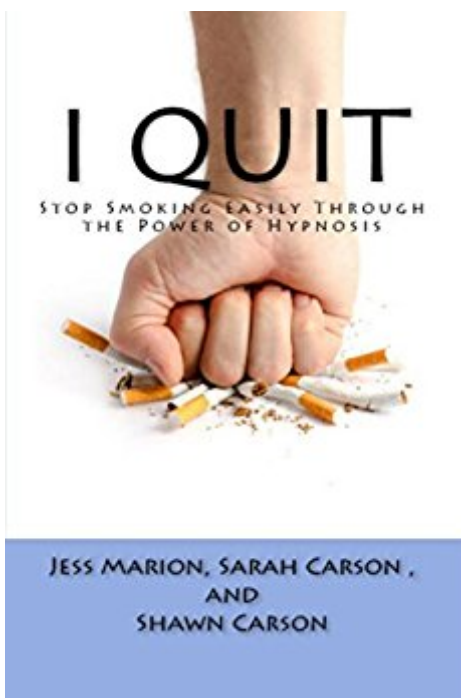


The book was found

I Quit: Stop Smoking Easily Through The Power Of Hypnosis



Synopsis

Are you ready to reclaim your health, happiness, and financial wellbeing by finally kicking the habit for good? Jess Marion, Sarah Carson, and Shawn Carson are highly experienced hypnotists and coaches who have worked in person with hundreds of smokers like you who after a few hours successful quit. In this book these master hypnotists walk you through the step by step process they use so that you can enjoy success from the comfort of your home. In this book you will learn: 1) The key beliefs you need to quit smoking for the rest of your life, 2) How to track your environmental and emotional triggers so you can neutralize them with ease, 3) The way nicotine tricks the body on a chemical level and the 4 steps you need to not fall for the smoking trap any longer, 4) 2 powerful techniques that will transform any craving or difficult emotion into relaxation, 5) The truth inside of cigarettes so you automatically reprogram your unconscious mind for success, 6) Your unconscious will uncover the true cost of smoking to you so that you can naturally let those cigarettes go, 7) How to rewrite your past so that smoking is no longer a part of who you are, 8) 6 easy steps that help to ensure that when you quit you do not pick up any other habits such as over eating. I Quit both teaches you hypnotic techniques you can use at home and uses hypnosis in the writing to help you quit easily and comfortably.

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Customer Reviews

Great mental exercises. Get this if you truly want to stop smoking or want to help someone to stop.

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