

Breathe, Freedom: A Comprehensive Hypnotic Approach to Quitting Smoking (Paperback)



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Reviews

Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Kian Harber)

BREATHE, FREEDOM: A COMPREHENSIVE HYPNOTIC APPROACH TO QUITTING SMOKING (PAPERBACK)



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Insomniac Press, Canada, 2011. Paperback. Condition: New. Language: English . Brand New Book. Breathe, Freedom is a comprehensive stop-smoking program using self-hypnosis. Although smoking is viewed medically as a chronic relapsing condition, psychological and medical research reveals that comprehensive smoking cessation programs boast as high as a 50 success rate after twelve months. Breathe, Freedom includes not only the best known methods to help smokers quit, but also incorporates the best of what we know about hypnotic intervention. The book is written in story form and includes a large resource guide and detailed methods. If you are a smoker, you are one of about 1.1 billion in the world. Ever wonder how that is possible given our current understanding of the hazards from long-term smoking? Ever wonder how you could quit easily by following a comprehensive stop smoking program? Breathe, Freedom is the book you need.



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