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Stop Smoking, Overcome Nicotine Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations

Jupiter Productions

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This "Stop Smoking" program was designed to assist the listener in gaining a positive association with fresh air and healthy habits and a negative association with smoking. It was also designed to assist the listener in gaining self-beliefs related to self-care, and channeling emotions into healthier activities.

Some say that we are the sum total of what we surround ourselves with. For example, what we choose to watch on television, listen to on the radio, who we choose to surround ourselves with and even the thoughts we think all have an effect on our overall perceptions and thought patterns. Just like the foods that we eat, over time, create our bodies, our thoughts shape who we are, and ultimately what types of situations we manifest in our lives.

Sleep learning can benefit a listener in powerful ways. The mind stays active even while we are sleeping. For example a mother may sleep soundly through thunderstorms and barking dogs yet the sounds of her baby stirring in the next room will often awaken her instantly. Why not use this time (while you are asleep) to realize your potential?

In addition to therapeutic hypnotic techniques and meditative affirmations, this program is further enhanced by the use of brainwave entrainment such as solfeggio tones, isochronic tones, bilateral stimulation and white noise. Listening at a very low volume is ideal and won't diminish your results.

Narrated by Anna Thompson, MA, MHP, LMHC, Advanced Clinical Hypnotherapist.

Accomplish your goals and create the life you've always wanted starting today.

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From reader reviews:

Julius Montanez:

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Michelle Pacheco:

Exactly why? Because this Stop Smoking, Overcome Nicotine Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations is an unordinary book that the inside of the e-book waiting for you to snap it but latter it will shock you with the secret the idea inside. Reading this book beside it was fantastic author who all write the book in such incredible way makes the content inside easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking means. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

John McCraw:

Is it anyone who having spare time and then spend it whole day by watching television programs or just lying on the bed? Do you need something totally new? This Stop Smoking, Overcome Nicotine Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations can be the answer, oh how comes? A book you know. You are and so out of date, spending your spare time by reading in this new era is common not a nerd activity. So what these guides have than the others?

Omar Lamm:

What is your hobby? Have you heard which question when you got students? We believe that that issue was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. Therefore you know that little person just like reading or as reading become their hobby. You should know that reading is very important in addition to book as to be the matter. Book is important thing to provide you knowledge, except your current teacher or lecturer. You discover good news or update in relation to something by book. Numerous books that can you go onto be your object. One of them is actually Stop Smoking, Overcome

Nicotine Addiction: Sleep Learning, Guided Self Hypnosis, Meditation & Affirmations.

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