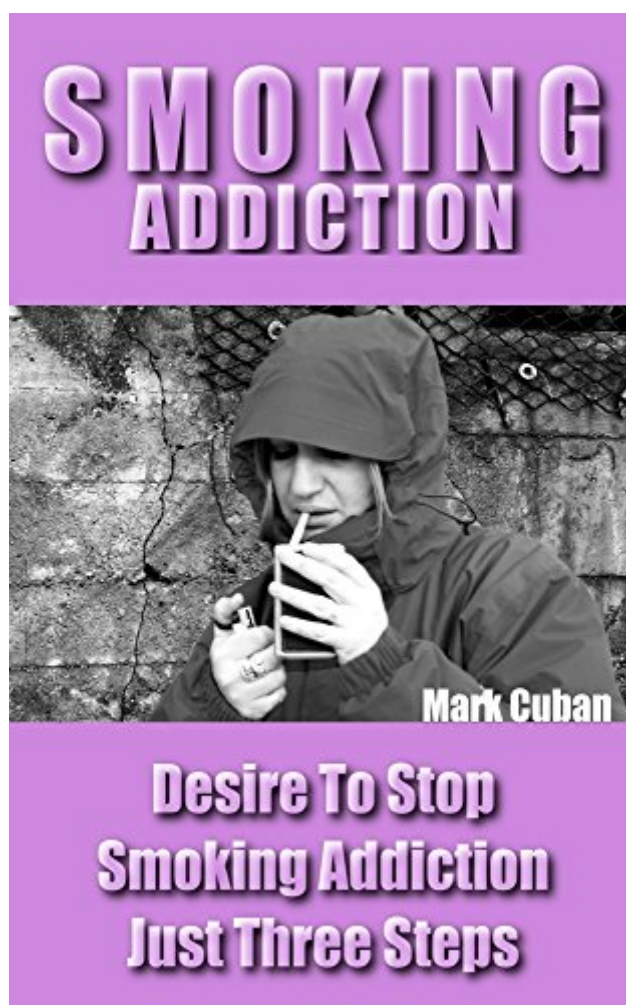


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# Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions)



## Synopsis

Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps  
Have you ever wanted to stop smoking? Have your attempts to stop ended in miserable failure after just a few days?

Assuming you've managed to go for a few days without smoking, do you think about cigarettes all the time? Do you feel that your life is less enjoyable without the ability to smoke? When you stop smoking, do you have the feeling that something essential is missing from your life? If so, read this report, and take heart that you can stop smoking with the full knowledge and realization that instead of giving something up, you are instead gaining: you will regain your health, your wealth, your looks, your freedom and your self-respect. We are all aware of the potentially devastating physical effects of smoking. This report explores the psychological effects, including the so-called "social side" of this most anti-social of habits. The report explores the effects of smoking, not only just on the individual smoker, but on their families, their colleagues and co-workers and on society as a whole. The report describes the effectiveness of hypnotherapy in the treatment of tobacco addiction, and debunks some of the myths that surround hypnosis, thanks to its sinister portrayal in popular culture. Logically, smokers know that smoking is not only bad for their health, but that it makes their lives miserable and more difficult in so many different ways. Yet the unconscious mind is often the strongest determinant of behavior, and if it associates cigarettes with pleasure, with rebellion, with non-conformity and the membership of a special group, then it will work to sabotage any effort on the part of the smoker to quit. A skilled hypnotherapy practitioner should be able to access the deep, unconscious mind of a smoker, in order to align their unconscious desires with their logical thought processes, resulting in better behavioral outcomes. Therefore, a smoker will not only be able to stop smoking, but will do so without any sense of sacrifice or regret.

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## Customer Reviews

Smoking Addiction is an excellent book for those who wish to quit this the deadly habit or those helping someone to quit. This book gives us insightful information as to how a smoking addiction may be started and how it affects the life of those around you. The author shares stories of his life growing up with parents who smoked and how he in turn started smoking because of that. The most important chapter however is the Stages of Cure and Recovery. The author gives us great ideas to use to get rid of this life threatening addiction. My lasting Impression of this book is that it's not just for persons wishing to quit smoking but for everyone who has an addiction to break

I like to read this kind of book. It was written by a heavy smoker. He had the smoking environment, and depended on cigarettes very much. I always learn effective method from this kind of author.

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