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Stop Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help



Synopsis

Whether this is the first time you've tried to quit of the hundred and first, STOP SMOKING FOREVER works! Now you can stop smoking permanently without the cravings, weight gain, and stress that so often lead to failure. Just listen to this gentle combination of soothing relaxation techniques, and let your subconscious supply you with the confidence, attitude, and willpower you need to kick the habit once and for all! Starting today, you can totally eliminate your need to tobacco--forever--on your way to a healthier, more active, and more enjoyable lifestyle.

Book Information

Audio CD

Publisher: Random House Audio; Abridged edition (December 30, 2003)

Language: English

ISBN-10: 0739309609

ISBN-13: 978-0739309605

Product Dimensions: 5.7 x 0.4 x 4.9 inches

Shipping Weight: 3 ounces

Average Customer Review: 4.3 out of 5 stars Â See all reviews (3 customer reviews)

Best Sellers Rank: #2,102,426 in Books (See Top 100 in Books) #321 in Books > Health, Fitness

& Dieting > Addiction & Recovery > Smoking #1088 in Books > Books on CD > Health, Mind &

Body > General #4186 in Books > Books on CD > General

Customer Reviews

I was one of those extremely heavy compulsive smokers (2-3 packs/day for almost 25 years), who had tried and failed to quit many times, until I tried the cassette tape version of this CD 27 years ago. I used it faithfully every day for about a month, by listening to the spoken side during the day, then at bedtime using headphones to start the subliminal side as I went to sleep, leaving it up to the tape and my subconscious. It worked like a charm, and I was able to quit far more easily than I or anyone who knew me expected. Many years later, when my sister was ready to quit, she used this CD and had the same successful experience. We both recommend it very highly.

Well it may be ok for some women, light smokers. It is only half subliminal. It is more like a peptalk, for smokers with low selfesteem. Didn't help a 2pk a day 25yr smoker at all.

I used this CD every day for 2 weeks like it said, and I noticed less withdrawl symptoms and

cravings than I had on previous attempts to quit smoking. I also listened to the music part alone throughout the day. I listened to the whole thing & did the visualization part before bed.I have recommended this CD to friends, and recommend to anyone who has an open mind about subliminal messages & the like. I smoked 1 to 1&1/2 packs a day before deciding to quit.

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Green, Solfeggio Tones, Binaural Beats, Self Help Meditation Hypnosis