

Quit Smoking Hypnosis Session Mp3

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Do you want to quit smoking those cigarettes that make you feel unhealthy and negative about yourself? This is a highly effective multiple session hypnosis CD which will bring you back to a natural state of making healthy choices for your body by quitting smoking for good. Your body is always operating within a natural process of renewing healthy cells for a productive system of well being. It is now time to re-align your mind with the healthy work your body is already doing. Why struggle with your desire to quit smoking cigarettes when, naturally, all you have to do is let go of the mental grip holding this habit and allow your body to do the rest? Think about this. Your body, right now at this very moment, is working towards complete bodily health. Your body is moving toxins and un-used materials out of your physical being. Your body is constantly regenerating healthy new cells. Your body is producing white blood cells to fight off viruses. And there are millions of other tiny functions which your body is performing in order to consistently renew your health. What Does This Mean To You As A Non-Smoker? Simply that your body is already prepared to be a non-smoker. Each and every time you finish smoking a cigarette, your body automatically takes the actions of being a non-smoker by repairing any damage done by smoking cigarettes. But, with the habit of repeated cigarette smoking, your body cannot keep up with the repairs needed to bring your body back to full health. Fortunately, with the use of hypnosis, we can unite your mental actions with your bodys natural renewal of health to achieve freedom from the habit of smoking. Your Body Is Ready To Quit Smoking. Now Is The Time For Your Mind To Be Ready To Quit Smoking.

Hypnosis CD Description This Stop Smoking Hypnosis CD is designed to create an awareness of the choices you are making in your everyday life with regards to smoking cigarettes. You will experience a visualization exercise which will allow you to see these choices and guide you towards quitting smoking. You will also experience a deep hypnosis session to reprogram your subconscious mind to naturally make the decision to enjoy your health over the habit of smoking cigarettes.

Hypnosis Induction: Rapid Hypnosis Induction Hypnosis Techniques Used: Direct Suggestion, Indirect Suggestion, Visualization CD

Track One: Intro To Hypnosis: 9 minutes 28 seconds CD **Track Two:** Visualization Exercise: 13 minutes 01 seconds CD **Track Three:** Hypnosis Session: 27 minutes 30 seconds

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