

Quit Smoking Support Mp3

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Calming, encouraging and motivating. Listen to in conjunction with a quit smoking programme.

Hypnotherapy has been shown in various studies to be about 3 times as effective as other methods: The respected scientific publication New Scientist, reporting on research carried out on over 70,000 people, showed hypnosis to be the most effective way to give up the smoking habit. Getting help to stop smoking with hypnotherapy / hypnosis, was found to be 300 as successful as nicotine replacement therapy, and 500 as successful as just will power alone. Listening to this recording a few times a week will allow you to gain the benefits of this calming, encouraging and motivating script. This quit smoking recording is designed to be used in conjunction with a quit smoking programme; either your own, or that provided by your doctor or by a therapist. Not only do you get the benefits of the positive suggestion delivered when you listen to this excellent MP3, you also get the benefits of deep relaxation. As I am sure you know, when you are tense, anything you are doing becomes more difficult. Though this also means that when you are relaxed, everything you do becomes easier. And that includes quitting smoking. Whether you believe smoking is addictive or merely a habit is fairly irrelevant. I am sure we all know people who have quit and made it a long and difficult process, and I am equally sure that we all know people who have simply decided to quit and done so then and there and not thought any more of it. So, if they can quit easily, why can't you? Make it easy for yourself by believing in yourself; listen to this MP3 to make it easy to believe in yourself. Tip: many people smoke to get that five minutes out that they otherwise believe they wouldn't get. The simple way to get around this is to simply give yourself permission to still have this five minute break and have a glass of water or maybe a mug of tea instead. Or even better, a five minute brisk walk. The subconscious is like a vacuum, if you take away one thing, it wants another, so make it easy for yourself and give it another healthier habit. Every recording is made to a high standard using professional sound equipment. The voice you will hear is that of hypnotherapist Christine Hines, who is also trained in classical voice production. The music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the 'Mozart effect' of easy focus and complete calm. Please do not listen to the MP3 while driving or

operating heavy machinery.

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