

# Stop Smoking Subliminal Mp3 And Affirmation Video

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If you are finding it hard to quit smoking or you want to start reducing the number of cigarettes you smoke then look no further. By listening to these mp3s (and watching the affirmation video) and their positive affirmations your subconscious mind will be reprogrammed to reduce your need of nicotine and cigarettes and help you resist the temptation to smoke so you can live a healthier life. Buy this package now with instant download after purchase and starting TODAY you will be on your way to stop smoking for ever. For only \$4.97 you will receive 2 subliminal mp3s and 1 affirmation video. The 15 minute subliminal uses the following 5 audio techniques to deliver powerful positive affirmations to your subconscious: Pure subliminal: This technique uses powerful, positive affirmations which are barely audible, they are embedded in the relaxing background music. While your conscious mind will ignore them your subconscious will be receiving the message. Reverse messages: These are affirmations played backwards. The conscious mind cannot comprehend these messages, while the subconscious can interpret the messages instantly. Stereo confusion: This consists in sending different subliminal messages to the left and right ears simultaneously. The conscious mind becomes confused and simply doesn't bother to interpret this information; your subconscious mind however can easily handle the 2 messages at once. Speed: These are affirmations speeded up so that the conscious mind will not understand them, however the subconscious will have no difficulty. Binaural beats: This is a technique that uses 2 different sounds in each ear to alter your brainwaves and induce you in a more relaxed state making it easier for your subconscious to receive the positive affirmations. The 5 minutes subliminal mp3 uses the Super Speed technique; the positive affirmations have been speeded up 6 times so that a 5 minute long mp3 will deliver the same number of affirmations of a 30 minute mp3. The Affirmation video is a short video (approximately 2/3 minute long) filled with powerful positive affirmations. The affirmation video will show you the same affirmations used in the subliminal mp3s. Used daily with the subliminal mp3s will speed up the attainment of your goal. On each title's page you will find a link to the affirmation included for that title so you can see which affirmations are embedded in the subliminal mp3s.

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