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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 or 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

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

Best Sellers Rank: #2,102,426 in Books (See Top 100 in Books) #321 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #1088 in Â Books > Books on CD > Health, Mind & Body > General #4186 in Â 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 pep talk, for smokers with low self-esteem. 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 withdrawal 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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Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Stop Smoking Forever - For Women: Subliminal Self-Help: Subliminal Self Help Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Slim Forever for Women: Subliminal Self-Help How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Slim Forever - For Men: Subliminal Self Help QUANTUM SELF HYPNOSIS STOP SMOKING NOW: Hypnosis Script & Inductions Included! (Quantum Self Hypnosis Singles Book 2) Allen Carr's Finally Free! The Easy Way to Stop Smoking for Women Smoker Recipes: Irresistible Spicy Smoking Meat, Hamburger, Smoked Chicken and Pork for Your Best Barbecue (Smoking Meat & Barbecue Guide) Quitting Smoking: The Amazing Plan that Made Me Dump 20 Years of Chain Smoking in Less than 5 Months Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Neutralize Your Body Subliminal Affirmations: Alkaline Diet & Eating

