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# Stop Smoking Today: Train Your Brain To Quit Craving Nicotine With Self-Hypnosis And Meditation



## Synopsis

Quit smoking today! It's hard to stop smoking, but hypnosis can make it easier. Gain control of your nicotine cravings, and kick the habit once and for all with this hypnosis and guided meditation program! Powerful benefits from this program include: Lessen your cravings for nicotine Better sleep Feel healthier Breathe easier Motivational Hypnotherapy's Joel Thielke is a world-renowned hypnotherapist and author who has helped millions of people worldwide. This powerful hypnosis program is designed specifically to help remove your urge to smoke, and help make it easier for you to quit smoking and break that old habit. This is the perfect program for listeners of any age, no matter your level of hypnosis experience. We recommend listening to this audiobook for 21 days in a row to get the most out of your listening experience. Listen to the induction track, and if you fall asleep, that's okay. This program will work for you whether you are awake or asleep. It's a short, powerful program that will change your life and give you real results. This powerful hypnosis audiobook includes the following tracks: About Hypnosis Stop Smoking Today - Soothing White Light Induction Music for Deep Relaxation For more information or to ask us a question, visit our website at [motivationalhypnotherapy.com](http://motivationalhypnotherapy.com).

## Book Information

Audible Audio Edition

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Smoking Today: Train Your Brain to Quit Craving Nicotine with Self-Hypnosis and Meditation  
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