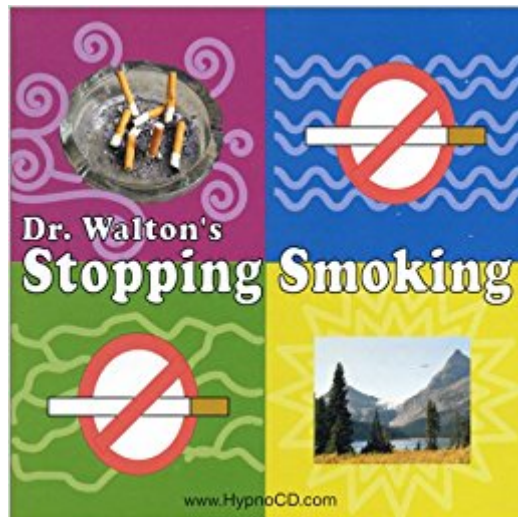




The book was found

Dr. Walton's Stopping Smoking



Synopsis

Have you ever wondered what it would be like to get into your car, talk on the phone or finish a meal without craving a cigarette? You can with Dr. Walton's help; and it might be easier than you think. You can stop smoking forever with this highly praised hypnosis treatment. Dr. James E. Walton has developed an effective hypnosis procedure for helping people get off and stay off cigarettes for good. This innovative hypnosis treatment works together with the unconscious mind to replace the urge to smoke with a relaxed feeling of focus and concentration. For many people, the urge to smoke simply disappears. You can be in the presence of other people smoking and still have no desire to smoke yourself. You can get into your car, talk on the phone, finish a meal or take a break free from ever feeling the nagging urge to have a cigarette. Dr. Walton's powerful hypnosis experience creates a highly receptive alpha state that works with the unconscious mind to help release tobacco's grip in your life. This treatment program is not only an effective therapy for stopping smoking, it also provides you valuable guidance and strategies for effectively handling stress and tension to keep you from going back to smoking. This program is designed to enhance your sense of personal empowerment allowing you to improve your concentration and focus without the use of cigarettes. The average smoker spends close to \$200 a month on cigarettes, that's \$2,400 a year. The moment you stop smoking you immediately begin saving money and your health. The flavors of foods will improve and your energy and stamina will return. Are you ready to make a life enhancing change? If this CD is for you, then get ready to transform you life with an effective treatment that has helped thousands of others regain their independence from cigarettes! Within minutes of listening to this stop smoking therapy program, you can become a non-smoker, free and clear, for the rest of your life. The only way to stop smoking is to stop the emotional addiction to nicotine along with the unconscious drive to smoke! This is where "Dr. Walton's Stopping Smoking" can help. This program can help you get off nicotine forever by eliminating the unconscious desire for cigarettes immediately the first time you listen to it. This program is designed to help you release yourself from the highly addictive grip of nicotine and even help you through the stressful times of your daily life so that you can get off and stay off the cigarettes for good... without weight gain. You don't have to wait weeks or even days for this program to take effect. Within minutes, you can be a non-smoker. With "Dr. Walton's Stopping Smoking", you have the entire treatment program right on the compact disk and can use it to reinforce your success anytime you choose! There is nothing else to buy. This program effectively uses the mind power of hypnosis so you may stop smoking comfortably and stay off cigarettes forever - without weight gain! In addition, you'll also receive a relaxation meditation for relieving tension during times of stress in your daily

life. This meditation is designed to support your success as a non-smoker while helping you to improve the focus and concentration you require to enhance your productivity. This program provides you with expert, up-to-the-minute guidance on creating a winning attitude for stopping smoking, preventing weight gain, healing the body after cigarettes, and a hypnosis treatment for faster, more effective results in achieving you're goal! For less than the cost of a few packs of cigarettes, you can own this program and kick the habit for good. So, there's nothing to lose but an expensive, dangerous habit and everything to gain from having a new beginning in life! It can be that simple to get off, and stay off, cigarettes! In fact, after listening just one time to "Dr. Walton's Stopping Smoking," you can instantly replace nicotine cravings with feelings of calmness and peace. You can have the full confidence to walk away from cigarettes - for good - and never look back. Quitting Smoking Is Easy With Dr. Walton's Help * Get immediate help. Every ounce of information contained in this hour-long CD program can help you harness the power of your own mind so you can stop smoking immediately. * Discover why so many others have tried to quit and failed... and how you can better ensure your own victory. * Realize why some people gain weight when stopping smoking - and how to make sure you're not one of them. * Unlock 88% of your thought capacity that can be used to overcome addiction. * Discover a safe, drug-free, highly effective way to stop smoking in order to live a happier and more productive life. Dr. James Walton's self-help series is gaining rave reviews. His techniques, his strategies, his style, and his soothing voice combine to offer you the same outcome you would get from a personal STOPPING SMOKING appointment with Dr. Walton. Track Listing: Creating a Winning Attitude for Stopping Smoking Healing the Body after Cigarettes Staying Off Cigarettes without Weight Gain A Simple Explanation of Hypnosis The Hypnosis Session to Stop Smoking Forever A Meditation to Improve Focus and Concentration as a Non-smoker Further Information

Book Information

Audio CD

Publisher: Dr. James E. Walton, Ph.D. (April 2004)

ISBN-10: 0971193940

ISBN-13: 978-0971193949

Package Dimensions: 5.6 x 4.9 x 0.4 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #712,827 in Books (See Top 100 in Books) #94 in [Books > Health, Fitness](#)

& Dieting > Addiction & Recovery > Smoking #305 in [Â Â Books > Books on CD > Health, Mind & Body > General](#) #366 in [Â Â Books > Self-Help > Hypnosis](#)

Customer Reviews

Stopping Smoking is never simple, but with Dr. Walton's help, it just got easier. You don't have to struggle with constant nagging cravings or weight gain. Simply order Dr. Walton's Stopping Smoking CD now and unlock the power within you to break free from cigarettes forever! This stop smoking program makes a GREAT gift! Order Online NOW!

"As a licensed Family Therapist with a doctorate in Clinical Psychology who has been using hypnosis in my practice for over 17 years, I have borrowed from both fields to achieve a very effective program for helping people quite smoking for good. Experience has shown that when people have the cognitive tools to overcome smoking from a psychological perspective in combination with the immediate effectiveness of hypnosis it has a synergistic effect that can help people stop smoking more quickly and effectively than by psychotherapy or hypnosis alone. The listeners of "Stopping Smoking" get the cognitive tools they need to stay off cigarettes along with the immediate benefits of hypnosis for stopping smoking that ensure faster, more effective results."

I am usually a sucker for every bad marketing campaign for every bad product out there--knives, weight loss remedies, you name it. This CD is the first time ever that I have found a product that actually does what it says it does. I picked my stop smoking date, and literally the night before, I listened to this CD and instantly stopped smoking the next day. I won't pretend it was easy, but I can honestly say it was easier than I ever expected it to be. It was as simple as breathing away all my cravings and smoking behaviors. You don't know me but please take my word for it--if you are desperate to stop smoking and have tried everything else, including hypnosis, this CD will be all you need to stop smoking forever and with less cravings than you ever thought possible. This will be the best purchase you've ever made on ! I wish I could meet Dr. Walton and thank him personally for this CD.

[Download to continue reading...](#)

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit

Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life 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) Dr. Walton's Stopping Smoking Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Smoking Cure: How To Quit Smoking Without Feeling Like Sh*t Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD The Smoking Diaries: The Smoking Diaries, Volume 1 KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology and Addiction Medicine How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) Giving Up Smoking: How to Stop Smoking Cigarettes Once and For All!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

