



File was found and ready to download!

UPDATED 14 HOUES AGO

Fastest Source: [usenet.nl](#)

Click the **download button** and select one of the found **cloud sources**.

6.4



2865 VIEWS

Download 

 SECURE SCANNED

You need to [log in](#) before you can post comments.



Navigation



Registration



FAQ

[Quit Smoking Hypnosis Free Online](#)

Best Way To Quit Smoking - Does One Exist?

In short the answer to the question: "Is there a best way to quit smoking" is yes. There is a best way to quit smoking for everyone but the method that may work for you may not work for others. What you need to do is find out which way is best for you.

There are several methods you can employ to quit smoking. The main ones are behavioural therapy, hypnosis, drugs, nicotine replacement therapy, will power and 'alternative' methods. I will give a brief description of each approach along with its pros and cons.

Is cognitive behavioural therapy the best way to quit smoking?

Cognitive behavioural therapy is one of the most successful methods to help smokers quit with success rates well above 50%. This is not the same as the standard literature you find all over the place. It is not the 'set a quit date', 'write out a quit plan', 'stay in and avoid alcohol' etc. etc. That doesn't work.

Cognitive behavioural therapy breaks smoking down into twenty or so component parts and changes the way you think about smoking, component by component. The end result is that all the reasons you think you smoke for are destroyed and you lose the will to smoke.

It is not a magic bullet. It is just one particularly effective approach to quitting smoking that uses no drugs whatsoever and leaves smokers feeling liberated the moment they quit smoking, rather than being fraught with anxiety. It is cheap when compared to other systems (less than \$50) and is normally sold with a no quibble money back guarantee.

Is hypnosis the best way to quit smoking?

Studies suggest that hypnosis is successful to the tune of 30% of smokers in single sessions. Using multiple sessions, success rates of 60% plus have been reported. There is some evidence that women struggle to quit as readily as men using hypnosis.

It works by changing a person's mental attitude toward smoking using powerful visualisation techniques. Hypnosis is similar to neuro-linguistic programming or NLP. Both use similar relaxation and meditation techniques to overcome cravings and nicotine withdrawal symptoms. It is far from suitable for everyone but it is non-chemical and there are no drugs to use.

Hypnosis products can be bought over the internet for around \$50 but one to one sessions with hypnotherapists can be considerably more expensive, to the tune of several hundred dollars.



File was found and ready to download!

UPDATED 14 HOURS AGO

Fastest Source: [usenet.nl](#)

Click the **download button** and select one of the found **cloud sources**.

6.4



2865 VIEWS

Download

SECURE SCANNED

You need to [log in](#) before you can post comments.



Navigation



Registration



FAQ

I devote the rest of this section to two smoking cessation techniques that often fly ... Both are toxin-free, holistic methods for snuffing out the smoking habit. ... a local or state society of hypnotherapy practitioners in your area, so do some online ...

quit smoking hypnosis online

quit smoking hypnosis online, quit smoking hypnosis online free, best quit smoking hypnosis online, what is the best quit smoking hypnosis app, how much is hypnosis to stop smoking, does hypnosis really work for quitting smoking, how much is hypnosis to quit smoking, is hypnosis effective for quitting smoking, smoking cessation hypnosis online

best quit smoking hypnosis online

how much is hypnosis to stop smoking

fc1563fab4

<http://outucrisow.gq/lynjer/100/1/index.html/>

<http://barnaicoutact.tk/lynjer50/100/1/index.html/>

<http://tentsinkitha.ml/lynjer74/100/1/index.html/>