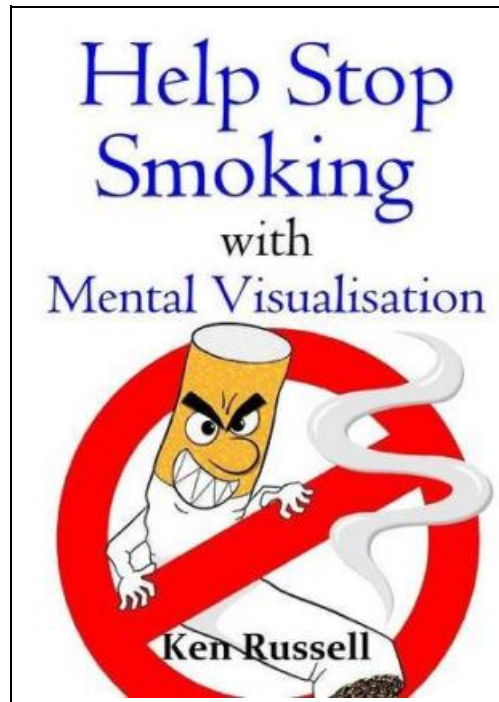


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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).
(Payton Miller)

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Lulu.com, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Every year thousands of people die from smoking-related diseases throughout the world. The dangers of smoking have been highlighted for many years via television, radio, newspapers etc., but to a lot of people it would not appear to deter them from the habit. However, if you were to speak to a lot of these people you may find that they would stop, if they could. In this book the author looks at the effects that smoking can have, why we start and the methods we use to try to overcome the habit. He gives guidance on how to use mental and visualisation suggestions in order to help stop the habit. The author has trained in the use of visualisation techniques as well as relaxation therapy and is a qualified trainer. His studies have also included smoking cessation, autogenic training, and natural therapeutics. He believes the power of the mind if properly used can make changes within ourselves that can ultimately help us change our thoughts and our future.



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