



Quit Smoking Today Without Gaining Weight

By Paul McKenna Ph. D.

Hay House, Inc. Paperback. Condition: New. Dimensions: 5.5in. x 0.0in. x 8.5in. Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Are you worried about how smoking is damaging your health? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? Then let Paul McKenna help you! Millions of Americans want to quit smoking, but have tried and failed. Paul McKenna, Ph. D., offers an easy-to-follow system that has already helped people all over the planet to quit. The scientific research is overwhelming; hypnosis is extremely successful in helping people quit smoking for good! Dr. McKenna's amazing weight-loss system has helped over a million people all over the world lose weight and keep it off. Now he wants to help you quit smoking without gaining weight, using the unique approach he's developed over the past three decades. Through the simple psychological conditioning techniques revealed in this book and the guided hypnosis download included, you can retrain your mind and body so that you no longer need cigarettes and actually feel better without them. Better still, you're highly unlikely...



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