



Mind Over Nicotine: How to Quit Smoking the Easy Way

Kenneth Grossman

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Dr. Kenneth Grossman is a world renowned Hypnotherapist who has helped hundreds of thousands of smokers to quit smoking. He understands smokers and knows how to help them quit for good.

You are not a helpless victim who is powerless over tobacco. Your mind is the most complex and powerful force in the universe. In this book, you will learn about your subconscious mind and how to take control of it so you can achieve your goal of quitting smoking. And, as a bonus, you will learn to reduce your stress levels and enhance the quality of your life. Successful quitting is not about sticking on a patch or swallowing some pills. That does not work. If it did, you would already be successful. Quitting is about transformation. It's more positive than not doing something or stopping something. Successful quitting is about becoming someone new. No matter how much you smoke, no matter how long you have smoked, you can do it. You can become a non-smoker. You can take charge of your life and no longer be dominated by the smoking habit. It can be easier than you think. It does not have to be difficult. Millions of others have done it. You can do it too.

You will learn:

- About Dr. Grossman's personal relationship with smoking and how he quit smoking thirty years ago with hypnosis
- About stress and how to counteract the effects of stress with self-hypnosis
- Why you are not a nicotine junkie as the doctors and pharmacists would have you believe
- How the tobacco industry lies to you
- How dangerous and ineffective the pharmaceutical drugs for smoking cessation really are for many people who use them
- About the “medical model” of smoking cessation
- About the “psychological model” of smoking cessation and why behavior modification and free association cause smokers to think about smoking until they start back up with a vengeance
- How to live as a non-smoker by using the power of your mind
- How to use advertising to help you remain a non-smoker

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