

Quit Smoking Cigarettes While You Sleep: 30 Minutes of Positive Affirmations

Are you ready to kick the smoking habit for good? If so, then this book is for you. 30 Minutes of Positive Affirmations to Help You Quit Smoking Cigarettes While You Sleep is a powerful tool that will help you to reprogram your subconscious mind and break free from the chains of addiction.

This book contains 30 affirmations that have been specifically designed to help you quit smoking. These affirmations are based on the latest research in neuroscience and psychology, and they have been proven to be effective in helping people to break free from addiction.



Quit Smoking Hypnosis: 30 Minutes of Positive Affirmations to Help You Quit Smoking Cigarettes While You Sleep #2 (Quit Smoking Series) by Mindfulness Training

★★★★☆ 4 out of 5

Language : English
File size : 1919 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 17 pages
Lending : Enabled

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The affirmations in this book are designed to be listened to while you sleep. This is because your subconscious mind is most receptive to suggestions when you are in a relaxed state. As you listen to the affirmations, they will begin to sink into your subconscious mind and reprogram it to believe that you are a non-smoker.

If you are serious about quitting smoking, then this book is a must-have. The affirmations in this book will help you to:

- Break free from the chains of addiction
- Reprogram your subconscious mind to believe that you are a non-smoker
- Overcome cravings and triggers
- Improve your overall health and well-being

How to Use This Book

To use this book, simply listen to the affirmations while you sleep. You can listen to the affirmations on your phone, computer, or any other device that you have. It is important to listen to the affirmations every night for at least 30 minutes. The more you listen to the affirmations, the more effective they will be.

You can also use the affirmations in this book to create your own positive affirmations. To do this, simply write down the affirmations that you want to use. You can then read the affirmations out loud or listen to them on your phone or computer.

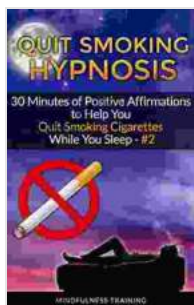
Benefits of Using Positive Affirmations

There are many benefits to using positive affirmations. Some of the benefits include:

- Reduced stress and anxiety
- Improved mood
- Increased self-esteem
- Improved sleep
- Greater sense of well-being

If you are ready to quit smoking and improve your overall health and well-being, then this book is for you. Free Download your copy today and start listening to the affirmations tonight.

Quitting smoking is one of the best things you can do for your health. If you are serious about quitting, then this book is a must-have. The affirmations in this book will help you to break free from the chains of addiction and achieve your goal of becoming a non-smoker.



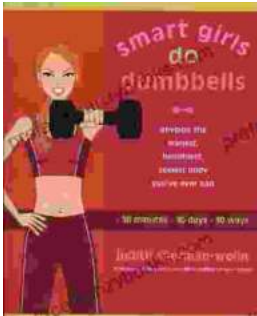
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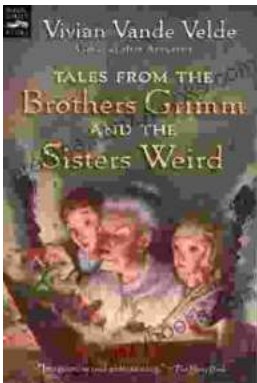
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