



## Breathe, Freedom: A Comprehensive & Hypnotic Approach to Quitting Smoking

By Kevin Alderson

Insomniac Press. Paperback. Book Condition: new. BRAND NEW, Breathe, Freedom: A Comprehensive & Hypnotic Approach to Quitting Smoking, Kevin Alderson, Breathe, Freedom is a comprehensive stop-smoking program using self-hypnosis. Although smoking is viewed medically as a chronic relapsing condition, psychological and medical research reveals that comprehensive smoking cessation programs boast as high as a 50% success rate after twelve months. Breathe, Freedom includes not only the best known methods to help smokers quit, but also incorporates the best of what we know about hypnotic intervention. The book is written in story form and includes a large resource guide and detailed methods. If you are a smoker, you are one of about 1.1 billion in the world. Ever wonder how that is possible given our current understanding of the hazards from long-term smoking? Ever wonder how you could quit easily by following a comprehensive stop smoking program? Breathe, Freedom is the book you need.



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