



Quit Smoking Now and Forever! Conquering The Nicotine Demon

Helen Basinger

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For over 4 years, certified master clinical hypnotist Helen Basinger has empowered smokers to overcome their addiction within her practice, Freedom Healing. Now, her revolutionary cessation program is available. *Quit Smoking Now and Forever!* is the complete guide for finally conquering the nicotine demon. The text is designed to speak to the subconscious as well as the conscious mind, allowing someone who smokes to literally change their "mind" about being a smoker as they turn the pages.

For nicotine addicts wanting their health, looks, libido, energy, time, and money back, this book offers the solution. This is a very powerful program consisting not just of a book, but a whole arsenal of cessation tools. In order to eradicate cravings, release anxiety, and dispel the illusion of smoking as pleasure, there are Tapping and breathing exercises for the reader to follow. An online hypnosis MP3 designed to change the brain back to how it was before nicotine hijacked the system comes part of the package. There are also visualizations that work on the subconscious mind, cutting the chains of addiction and creating a new smoke-free persona.

Quit Smoking Now and Forever! is for all those people who have raised their heads above the smoke long enough to realize they need to find a way out. They have probably tried and failed a number of times and are now looking for a definitive solution. With an insatiable urge for ever more money, cigarette manufacturers have now introduced 600 additives, ranging from ammonia to chocolate, into their already genetically modified tobacco - making cigarettes the most addictive drug in the world. It has become so bad that according to the Surgeon General only two and a half percent of people are now able to quit without assistance, while six million people die from this curse every year. This unique book offers the antidote to this deadly addiction, enlightening the smoker to the web of deceit spun to entrap them.

Quit Smoking Now and Forever! provides a step-by-step plan that can be tailored to suit different people. After all, not everyone has the same character, emotional state or belief system. Some people want to use natural herbs and homeopathy to help them quit. Some people benefit from Nicotine Replacement Therapy while others need to release the stress behind their smoking habit. A few people just need to get mad enough at how they have been manipulated in order to put cigarettes down forever.

Quit Smoking Now and Forever! provides support and advice for every stage of the cessation process-from mentally preparing smokers to quit, to making sure ex-smokers never start again.

Many strings are artfully woven together throughout the chapters, with stories and imagery all designed to equip readers with the tools they need to vanquish the nicotine demon - once and for all.

About the Author - Helen is a Certified Master Clinical Hypnotherapist, expert Tapping (EFT) practitioner, Tobacco Treatment Specialist and Life Coach who has been assisting people to successfully quit smoking since early 2011. Helen is expert at getting people to release all kinds of negative emotions, habits and entities. She is a British citizen, who after living in France and Turkey for many years is now living with her husband in 'The Conch Republic' of Key West, Florida.

Helen has an entrepreneurial, creative, courageous spirit that is dedicated to raising the vibration of the planet the best way she knows how.

Keywords: Quit Smoking, Stop Smoking, Nicotine, Addiction, How To Quit, Hypnosis, Tapping, Herbs, Smoking Cessation, Quit Smoking Plan

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