



Quit Smoking Now and Forever! Conquering The Nicotine Demon

Helen Basinger

Download now

[Click here](#) if your download doesn't start automatically

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

Download and Read Free Online Quit Smoking Now and Forever! Conquering The Nicotine Demon Helen Basinger

From reader reviews:

Beth Murray:

Book will be written, printed, or outlined for everything. You can recognize everything you want by a reserve. Book has a different type. As you may know that book is important factor to bring us around the world. Next to that you can your reading proficiency was fluently. A publication Quit Smoking Now and Forever! Conquering The Nicotine Demon will make you to possibly be smarter. You can feel far more confidence if you can know about anything. But some of you think that open or reading a book make you bored. It is far from make you fun. Why they can be thought like that? Have you trying to find best book or acceptable book with you?

Antonia Parham:

Here thing why this Quit Smoking Now and Forever! Conquering The Nicotine Demon are different and dependable to be yours. First of all reading a book is good nevertheless it depends in the content of the usb ports which is the content is as yummy as food or not. Quit Smoking Now and Forever! Conquering The Nicotine Demon giving you information deeper and different ways, you can find any guide out there but there is no e-book that similar with Quit Smoking Now and Forever! Conquering The Nicotine Demon. It gives you thrill studying journey, its open up your personal eyes about the thing in which happened in the world which is might be can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your means home by train. In case you are having difficulties in bringing the imprinted book maybe the form of Quit Smoking Now and Forever! Conquering The Nicotine Demon in e-book can be your choice.

Harry Fulford:

Reading a reserve can be one of a lot of exercise that everyone in the world adores. Do you like reading book and so. There are a lot of reasons why people love it. First reading a publication will give you a lot of new info. When you read a e-book you will get new information mainly because book is one of various ways to share the information or their idea. Second, studying a book will make a person more imaginative. When you examining a book especially fictional book the author will bring you to imagine the story how the personas do it anything. Third, you may share your knowledge to others. When you read this Quit Smoking Now and Forever! Conquering The Nicotine Demon, you are able to tells your family, friends as well as soon about yours book. Your knowledge can inspire the mediocre, make them reading a guide.

Brent Campbell:

In this era globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The book that recommended to

you personally is Quit Smoking Now and Forever! Conquering The Nicotine Demon this publication consist a lot of the information from the condition of this world now. This particular book was represented so why is the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The writer made some analysis when he makes this book. Here is why this book suited all of you.

**Download and Read Online Quit Smoking Now and Forever!
Conquering The Nicotine Demon Helen Basinger #521L604SIHX**

Read Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger for online ebook

Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger books to read online.

Online Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger ebook PDF download

Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger Doc

Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger Mobipocket

Quit Smoking Now and Forever! Conquering The Nicotine Demon by Helen Basinger EPub