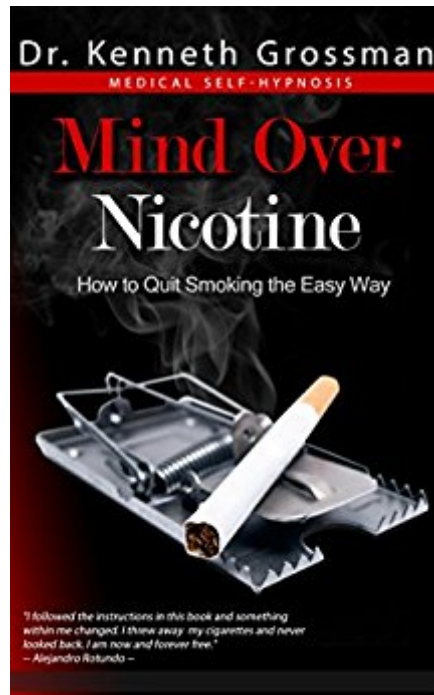




**Ebook Directory**  
the best source of ebook

The book was found

# Mind Over Nicotine: How To Quit Smoking The Easy Way



## Synopsis

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

## Book Information

File Size: 772 KB

Print Length: 117 pages

Publication Date: December 22, 2014

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B00RC9WXSO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #349,458 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Tobacco

#72 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #269

in Books > Self-Help > Hypnosis

## Customer Reviews

This is a very helpful and informative book that points out the benefits of stopping smoking while it also brings awareness to health risks of smoking such as a heart attack, developing cancers and other diseases. The author clearly has a concern about helping people be transformed from the dangers of smoking. The book helps you to become a new person (a non-smoker) by explaining a complete system that could help you live a whole new life as a non-smoker. To change your life into becoming a non-smoker and eliminate the health risks that smoking can cause, I recommend that you read this book.

This book is incredibly powerful and really can help teach you how to stop any addiction, even though the focus is on smoking. The book focuses on the power of your own mind and how you can focus and control it in order to quit smoking. Dr. Grossman focuses on how to get your mind in the alpha state and then use that state of mind to hypnotize yourself into quitting. While I've tried many other methods to stop smoking, including e-cigs as well as reading dozens of other books, articles, and blogs, nothing has helped me stop smoking more than this book. If you are trying to quit smoking or there is a smoker in your life who is thinking of quitting, then you must get this book.

[Download to continue reading...](#)

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit

Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Mind Over Nicotine: How to Quit Smoking the Easy Way Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD Stop Smoking Today: Train Your Brain to Quit Craving Nicotine with Self-Hypnosis and Meditation The Smoking Cure: How To Quit Smoking Without Feeling Like Sh\*t Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) If Only I Could Quit: Recovering From Nicotine Addiction Stop Smoking, Ease Nicotine Withdrawals & Control Cravings

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)