Mp3 Gwen Randall-young - 6 Days To Quit Smoking



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A guided meditation / gentle hypnosis to stop smoking in 6 days. 1 MP3 Songs NEW AGE: Self-Help, NEW AGE: Healing Details: 6 Days to Quit Smoking Relax and surrender to the soothing voice and images as Gwen guides you through a process that will assist you to quit smoking completely in just 6 days. Her process eliminates the anxiety and withdrawal normally associated with efforts to quit. if you are ready to quit, this recording can make you a non-smoker in just six days. Gwen Randall-Young is a psychotherapist and author whose work bridges the worlds of psychology and spirit. Her "gentle voice of change", and soul-centered approach as expressed in her books and CDs continues to transform uplift the lives of many throughout the world. For more titles, articles and information, please visit Gwen's website: gwen.ca People who are interested in should consider this download.

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