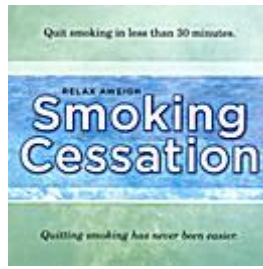


# Mp3 Relax Aweigh - Relax Aweigh Smoking Cessation



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Relax Aweigh Smoking Cessation. Quit smoking in less than 30 minutes using guided physical and emotional relaxation. 3 MP3 Songs in this album (23:10) ! Related styles: SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational Details: The founder of Relax Aweigh tried every single item on the market in 1976 when she quit smoking. She discovered this technique and has been 100 smoke-free since then. She then created the company and has the best selling weight loss program and smoking cessation program in the Mid-West. Look for other titles coming soon in 2008. Insomnia, daily de-stress, and preparing yourself for surgery. Also, Relax Aweigh 3+2 to use in conjunction with other weight loss programs.

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