

Mp3 Dr. James E. Walton, Ph.d. - Stopping Smoking



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Everything you'd want (and need) to stop smoking and more or your money back - using Dr. Walton's award winning Stopping Smoking hypnosis treatment. 7 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: Gain complete control over the smoking habit in just minutes through this award winning hypnosis treatment program. In 2006, "Dr. Walton's Stopping Smoking" was awarded First Runner-Up for Best Album of the Year in self-help from the prestigious JPF International Music Awards. You can now benefit from all the quality and expertise that earned him that award. This is truly one of the most effective albums for treating smoking addiction on the market today. We're so sure that you, too, will love this album that if you're not 100 satisfied, simply return it to us within 14 days and we'll refund the entire purchase price on the spot. By listening to "Dr. Walton's Stopping Smoking", you can use the power of hypnosis to eliminate cigarettes from your life forever and join the thousands of others who have successfully used his method. This treatment is designed to provide you the necessary components to eliminate the unconscious desire to smoke so you can get off and stay off cigarettes for good. Developed by a doctor of clinical psychology, this powerful treatment can transform your smoking addiction from a nagging nicotine urge into a feeling of calm centeredness without the urge to smoke. You can let go of cigarettes forever through the power of hypnosis. The treatment found on this program provides you an effective means to manage, control and release the anxiety and stress that have cause others to return to cigarettes, allowing you to remain free from the urges to smoke. By unleashing the power of you unconscious mind, you can remain free from cigarettes for the rest of your life without the urge to smoke. You can stop smoking forever in just minutes, right in your own home, with this highly effective stop smoking system. This treatment combines easy to use tools and professional instructions with the power of hypnosis. Hypnosis works with the unconscious mind to release the urge to smoke. The

urge to smoke simply disappears for many people. Even in the presence of others smoking you can have no desire to smoke yourself. Imagine getting into your car, talking on the phone, finishing a meal or taking a break free from ever feeling the nagging urge to smoke a cigarette. Dr. Walton's powerful hypnosis treatment creates a highly receptive alpha state that works with the unconscious mind to help release tobacco's grip in your life. This treatment system is not only an effective therapy for stopping smoking, it also provides you valuable guidance and professional strategies for effectively handling stress and tension to keep you from going back to smoking. This stop smoking system is designed to enhance your sense of personal empowerment allowing you to improve your concentration and focus without the use of cigarettes. The average smoker spends close to \$200 a month on cigarettes, that's \$2,400 a year. The moment you stop smoking you immediately begin saving money and your health. The flavors of foods will improve and your energy and stamina will return. Are you ready to make a life enhancing change? If this motivational stop smoking system is for you, then get ready to transform your life from the inside out with an effective treatment that has helped thousands of others regain their independence from cigarettes!

Within minutes of listening to this stop smoking therapy system, you can become a non-smoker, free and clear, for the rest of your life. The only way to stop smoking is to stop the emotional addiction to nicotine along with the unconscious drive to smoke! This is where "Dr. Walton's Stopping Smoking" can help. This program can help you get off nicotine forever by eliminating the unconscious desire for cigarettes immediately the first time you listen to it. This program is designed to help you release yourself from the highly addictive grip of nicotine and even help you through the stressful times of your daily life so that you can get off and stay off the cigarettes for good... without weight gain. You don't have to wait weeks or even days for this program to take effect. Within minutes, you can be a non-smoker. With "Dr. Walton's Stopping Smoking", you have the entire treatment system right on the compact disk and can use it to reinforce your success anytime you choose! There is nothing else to buy. This program effectively uses the mind power of hypnosis so you may stop smoking comfortably and stay off cigarettes forever! In addition, you'll also receive a relaxation meditation for relieving tension during times of stress in your daily life. This meditation is designed to support your success as a non-smoker while helping you to improve the focus and concentration you require to enhance your productivity. This system provides you with expert, up-to-the-minute guidance on creating a winning attitude for stopping smoking, preventing weight gain, healing the body after cigarettes, and a hypnosis treatment for faster, more effective results in

achieving you're goal! For less than the cost of a few packs of cigarettes, you can own this program and kick the habit for good. So, there's nothing to lose but an expensive, dangerous habit and everything to gain from having a new beginning in life! It can be that simple to get off, and stay off, cigarettes! In fact, after listening just one time to "Dr. Walton's Stopping Smoking," you can instantly replace nicotine cravings with feelings of calmness and peace. You can have the full confidence to walk away from cigarettes - for good - and never look back. If you are curious about whether you can be hypnotized, try this simple test: 1. Find a place where you can sit comfortably 2. Close your eyes 3. Inhale deeply through your nose If you're able to follow instructions like these, then you're a good candidate for hypnosis. Quitting Smoking Is Easy With Dr. Walton's Help * Get immediate help. Every ounce of information contained in this treatment program can help you harness the power of your own mind so you can stop smoking immediately. * Discover why so many others have tried to quit and failed... and how you can better ensure your own victory. * Find out what "hidden" chemicals are in the cigarettes you smoke. * Enjoy the tremendous - and immediate - benefits of stopping smoking. * Realize why some people gain weight when stopping smoking - and how to make sure you're not one of them. * Learn practical steps for coping with "smoke breaks." * Unlock 88 of your thought capacity that can be used to overcome addiction. * Discover the power of your subconscious mind - a key factor in breaking the nicotine habit. * Get an actual hypnosis session for stopping smoking that you can use in the privacy of your own home. * Discover a safe, drug-free, highly effective way to stop smoking in order to live a happier and more productive life. * Get excited about your new life as a non-smoker the very same day you quit. Dr. James Walton's self-help series is gaining rave reviews. His techniques, his strategies, his style, and his soothing voice combine to offer you the same outcome you would get from a personal STOPPING SMOKING appointment with Dr. Walton. "This was one of the best gifts I've ever received. It gave me my life back. Thank you Dr. Walton!" Tracy B., Los Angeles When you order your copy of "Dr. Walton's Stopping Smoking" you can benefit from his skill and expertise anytime you choose. As a result, you'll find you may be able to confidently lay your cigarettes down and never pick them up again. It's all accomplished through the simple and safe process of self-hypnosis. After just a few minutes of following Dr. Walton through the hypnosis treatment, you can have the tools you need to live a fulfilled life free from nicotine addiction that keeps you held hostage and in constant fear of illness and social rejection. These powerful and effective tools can work for you anytime, anyplace, without anyone knowing what you're doing. Here

is what Dr. Walton has to say about the "Dr. Walton Series": "It's thrilling to hear peoples reactions and learn about the results they are realizing by listening to the program," says creator Dr. Walton. "One listener remarked that the CD is like a hot tub for the mind which is exactly the type of experience I intended for every user. The real test is for people to listen to the recording, relax and gain a sense of control over their smoking by the end of the program so they can put cigarettes down and walk away from them forever." "As a licensed Family Therapist with a doctorate in Clinical Psychology I've been using hypnosis in my practice to treat smokers for over 17 years, I've borrowed from both fields to achieve a very effective program for helping people quite smoking for good. Experience has shown that when people have the cognitive tools to overcome smoking from a psychological perspective in combination with the immediate effectiveness of hypnosis it has a synergistic effect that can help people stop smoking more quickly and effectively than by psychotherapy or hypnosis alone. The listeners of "Stopping Smoking" get the cognitive tools they need to stay off cigarettes along with the immediate benefits of hypnosis for stopping smoking that ensure faster, more effective results." Over the past two decades, thousands of people have sought Dr. Walton's assistance for transforming their lives. Through "Dr. Walton's Stopping Smoking," his treatment for eliminating cigarette addiction is now available to many more people nationwide at a fraction of the cost of an office visit. ____

About Dr. James E. Walton, Ph.D. Dr. James E. Walton holds a doctorate in Clinical Psychology and a master's degree in Family Therapy. He's a licensed Marriage and Family Therapist and a professional member of the California Association of Marriage and Family Therapists. A nationally recognized expert in the field of individual and couples therapy, Dr. Walton has been featured on numerous television and radio programs throughout the United States, such as Discovery Health, VH-1 and MSNBC, including a recent appearance on MSNBC's Oscar Night of the Stars for the 2007 Academy Awards, where he discussed important skills for handling and excelling in life changing events. For several years, Dr. Walton hosted Shrink Rap, a show on the award-winning radio station, KCSN, 88.5 FM. On Shrink Rap, Dr. Walton interviewed and shared ideas with some of the great leaders in the fields of psychology and counseling, such as: award-winning psychologist and NY Times bestselling author, JOHN GOTTMAN; internationally-acclaimed psychologist and author of It Will Never Happen to Me, CLAUDIA BLACK; renowned psychiatrist and creator of Reality Therapy, WILLIAM GLASSER; groundbreaking psychotherapist and author on the neurophysics of human behavior, ERNEST ROSSI; legendary founder of Cognitive Therapy, AARON BECK; and frequent

Oprah guest, NY Times bestselling author, and famed psychologist, HARVILLE HENDRIX. In 2006, he was awarded First Runner-Up for Best Album of the Year in self-help from the prestigious JPF International Music Awards. In the late 1980's, Dr. Walton joined Shirley MacLaine's staff in Beverly Hills contributing to her national Higher-Self Seminar Tour promoting meditation and self-awareness. Dr. Walton has also served as an institutional review board member ensuring the rights of human subjects who participate in biomedical research sponsored by drug companies and the National Institutes of Health. In his private psychotherapy practice in Sherman Oaks, he draws upon 18 years experience in treating individuals, couples and families. Dr. Walton also has a private practice, and is a certified trained specialist in clinical hypnosis and life coaching For further details on James E. Walton, Ph.D., go to LAtherapist.com There is no need to struggle with stopping smoking. Simply order "Dr. Walton's Stopping Smoking" now and unlock the calm within you to break free from cigarettes forever! This system makes a GREAT gift! Just do it and order Online NOW!

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