

Mp3 Dr. Jonathan Royle - Quit Smoking Today, Live For Tommorrow



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Jonathan Royle's Hypnotism Show Psychic Show have entertained audiences all over the world and as a Hypnotherapist Royle is able to treat most any problem, with most any client within a single 60 to 90 minute session. 3 MP3 Songs in this album (33:29) ! Related styles: SPOKEN WORD: Educational, SPOKEN WORD: Inspirational People who are interested in quit smoking ways to quit smoking how to quit smoking should consider this download. Details: Without a doubt, your own will and determination to stop smoking are the best quit aids available to you. They are also mandatory requirements for successful, long term smoking cessation. With solid commitment in place, any quit aid of your choice will help. Without it, nothing will. So, with that said, let's take a look at hypnosis as a tool to help you stop smoking. What is Hypnosis and How Does it Work? Hypnosis activates an altered state of consciousness in which a person is fully awake while being deeply relaxed and more susceptible to suggestion. Exactly how hypnosis works isnt known, but one thing is certain: people in a hypnotic trance can't be convinced to do things they wouldnt normally do. They are in full control of their free will. You might be surprised to learn that you probably experience a self-induced hypnotic trance at least once a day. Have you ever been driving your car only to suddenly realize you can't remember some of the trip? Do you sometimes "lose yourself" while reading a good book or watching a movie? Three-dimensional life fades away, and you're immersed in a different reality, often vividly complete with emotions and physical sensations. That sense of disconnection from your present surroundings while awake and alert signals a hypnotic trance. Rather than being sleep-like, while under hypnosis, people are actually in a state of increased attentiveness, and suggestions offered can take root more easily. Hypnosis as a Quit Smoking Aid As a smoking cessation aid, hypnosis has one very important benefit that other quit smoking tools aren't able

to offer. Because it uses the power of positive suggestion to help you stop smoking, it actually has the ability to help you develop and strengthen your will and determination to succeed. In my mind, that's a significant benefit! Most smokers start their quit programs on shaky legs. Nicotine addiction makes us think we are weak and unable to live without our cigarettes. Given time and a healthy attitude though, we can tip the scales in our favor. With every smoke free day completed, you are proving to yourself that quitting is possible. Add some hypnosis to your smoking cessation plan, and it will help you develop the attitude you need to succeed. Further, if you use hypnosis in conjunction with another quit aid, such as the nicotine patch or bupropion (Zyban), your chance of long term success is even higher. This audio-cd hypnosis program was developed by Dr. JONATHAN ROYLE. To Millions World-Wide Dr. JONATHAN ROYLE - Ph.D . (BA Hons) is famous for his Hypnotic Skills and considered by many as the World's Leading Expert on all things related to Hypnosis, Mind Control Related Subjects. In recent years some people who have been fortunate enough to learn from Royle's Ageless Wisdom have asked themselves the question "IS HE THE SECOND COMING?" Well, one thing is for certain, earlier this year Royle was awarded a Doctorate Degree (Ph.D.) in Psychology and most notably became an ORDAINED REVEREND. The program offers users 4 primary reasons to quit smoking: * Motivation and Confidence Learn how to build a strong desire to stop smoking. Reasons to quit and benefits of quitting are covered. * Overcoming Past Connections In order to quit successfully, we must change what cigarettes mean to us and the connections they have in our lives. * Creating New, Healthier Connections Time to reprogram our minds with healthier choices. Great guided visualization of cleansing our bodies of the toxins smoking leaves behind. * Preventing Relapse This session cements the value of quitting and provides help with avoiding a smoking relapse. You will also learn: * Handling feelings without cigarettes * Weight management * Assertiveness / people skills * Energy and concentration * Pairing smoking with unpleasant experiences also known as aversion therapy. In Summary... This hypnosis program is a solid tool to help you quit smoking. The user is given a wealth of information and support, that can be replayed frequently. The recording quality is excellent, and JONATHAN ROYLE's voice is soft with a soothing cadence. He is extremely effective at helping the listener relax and focus. Use hypnosis in conjunction with another quit aid and some solid support, and you'll greatly improve your chances of making this the quit that lasts you a lifetime.

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