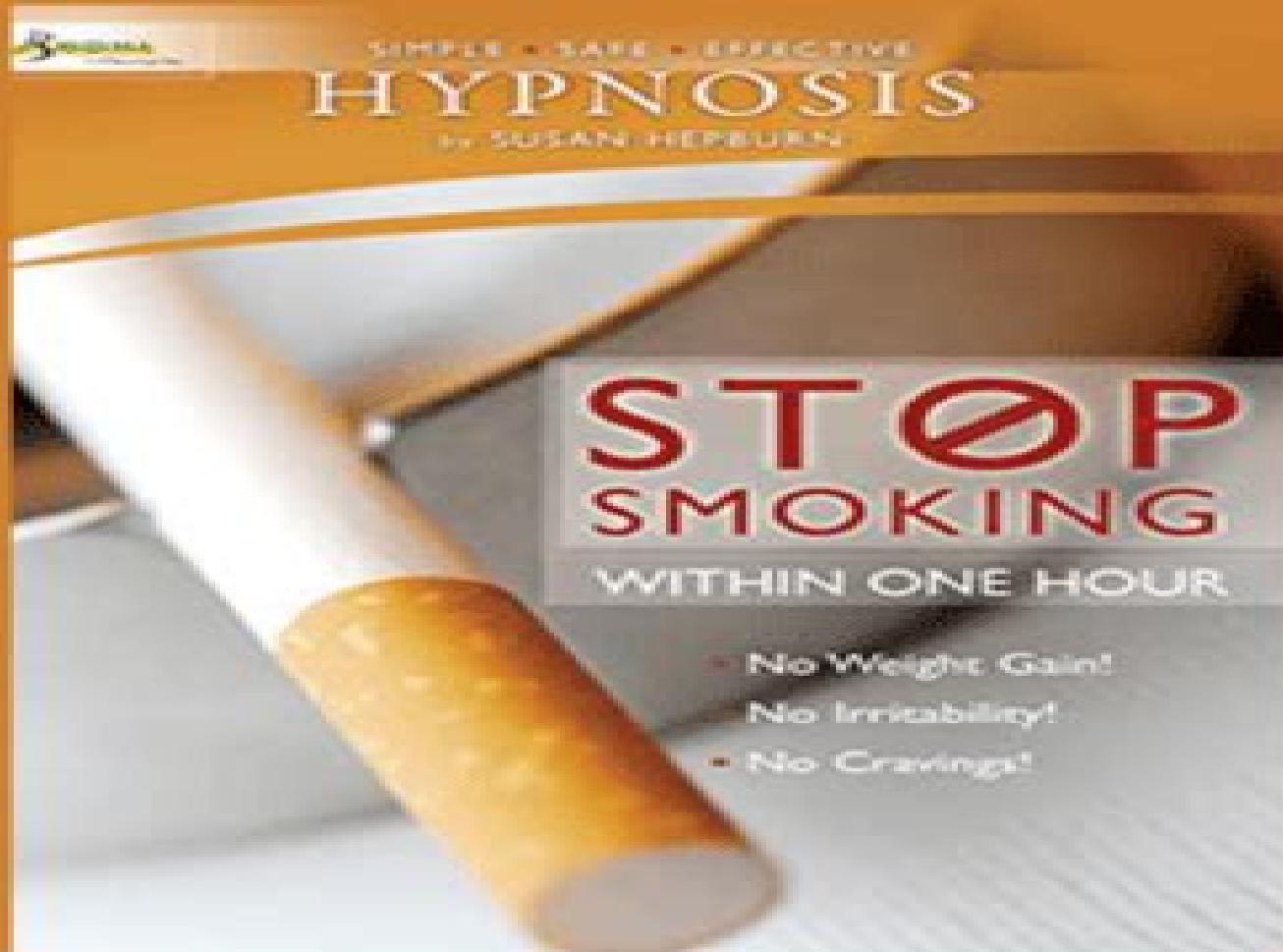


# Susan Hepburn Stop Smoking Within One Hour



# Stop Smoking In One Hour

**Barbara Miller**

## **Stop Smoking In One Hour:**

Stop Smoking in One Hour Susan Hepburn,2000 An accredited hypnotherapist offers a book and CD set to help smokers quit with no side effects no cravings and no gimmicks She claims readers will feel no desire for a cigarette no withdrawal symptoms no irritability and no desire for a snack between meals

**Pushing Double Nickels** Bradley Stewart

Fischl,2014-08-29 Obesity is an epidemic in America and worldwide This former IT industry veteran shares his cautionary tale and success with his personal fight against obesity and smoking cigarettes Including tips on living with Type II Diabetes chronic pain and a host of other things that he has learned in his 55 years on this planet so far Pushing Double Nickels has something for everyone Here are a few of the 50 Things covered in this book A simple long term way to lose weight permanently How to quit cigarettes forever on the first try The advantages of being an optimist Advice and tips on Public Speaking Advice for Business Professionals Why Mystery Shopping is no mystery You can improve yourself at any age Why you are connected with everyone on Earth 80 total life lessons interesting facts and much food for thought Includes hundreds of web links you can use for further information Pushing Double Nickels is meant to educate illuminate and motivate you into doing something positive for yourself a loved one your community and your planet Positive change is something that everyone can do beginning at any age All it takes is the desire to improve and the self motivation to make the long term lifestyle changes necessary to accomplish your goals Short term fixes such as surgery diet plans or programs diet pills or shakes etc will only work for a short time More often than not if the weight returns because the person did not make the long term lifestyle changes required for lasting results What is needed is a way to live that you can continue to do for decades and for the rest of your life Diet control is the key factor All the diet plans and exercise in the world can't undo taking in more calories than you burn off Self improvement is much more than just losing weight or quitting smoking it includes moral and ethical improvement as well But getting your health in order is the first step If you are overweight or obese then you are also more than likely dealing with other bad numbers like high blood sugar Diabetes or Prediabetes high cholesterol high blood pressure and now face a much shorter life span as a result And quitting cigarettes can be done on the first try So it's time to take control Time to finally do something to make sure that you're going to be around a while longer In Pushing Double Nickels I share how this old IT guy and former couch potato who was clinically obese and had a 30 year smoking habit took control quit on the first try and walked off over 100 lbs We are all in this together but making positive changes to humanity require making those changes individually first

*How to Quit Smoking Even If You Don't Want To* Barbara

Miller,2008-07-18 You can quit smoking It is not impossible I used to say I don't want to quit smoking I asked myself What if this was the addiction I then thought I want to want to quit What could make you want to quit My biggest motivation came from not wanting to be controlled by this nicotine I wanted to be in charge This book is about how to transform one's thinking while simultaneously getting ready to quit This book gives you a step by step plan that will show you how to get

ready to quit Quitting smoking is like going into battle With this plan in place you will be ready to win You will learn how to develop your willpower and tap into an incredible source of Self Power This plan shows you exactly what to do How to Quit Smoking Even If You Don t Want To is in textbook format with ten brainstorming exercises you must do People who smoke are often on auto pilot thinking This plan interrupts the auto pilot and shows you how to re write the script It is true that you do not have to want to quit smoking but you do have to want to change something about how you make decisions It is not complicated As a matter of fact it is all very easy By doing the exercises and following through with the plan you will see exactly what is holding you on to cigarettes When you see what is keeping you addicted it becomes a whole lot easier to let go This book will show you how to eliminate 75% of the nicotine fits if not more When you are all done the brainstorming exercises you will have made a one of a kind custom made tool that will tell you what to think when to think it what to do and when and how to act and how not to act You will use this tool when you open your last pack I often hear people say I have tried everything My response is Have you looked in the mirror The answers lie inside you not in the drugstore This book is about transforming yourself from the inside Some of the exercises can help you change other areas of your life that you are not completely satisfied with My plan and method is about transforming your mind into one that can do what it could not do before This is a serious subject with a twist of humor I am sure you will enjoy it Do not be afraid of trying to quit smoking Be afraid of what will happen if you do not Be free Go for it *Recovery from Smoking* Elizabeth Hanson Hoffman,Christopher Douglas Hoffman,1998 Second Edition Elizabeth Hanson Hoffman rationalized her smoking for 27 years then she finally accepted the fact that she was powerless over cigarettes Using her own story the Twelve Steps and techniques she has developed as a practicing psychologist Hoffman will help you find the strength to finally let go of smoking Self Hypnosis (Easyread Comfort Edition) Bruce Goldberg,2001 Stop Smoking in One Hour Valerie Austin, **The Epworth Herald**

,1896 **House documents** ,1879 **New York Magazine** ,1973-09-24 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea Family Health ,1980 **Vegetarian Times** ,1993-08 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Gas Journal** ,1882 *Annual Report of the Postmaster General United States.* Post Office Department,1895 Metal Worker, Plumber and Steam Fitter ,1894 *Journal of the House of Representatives of the Commonwealth of Massachusetts* Massachusetts. General Court. House of Representatives,1895 **Science Digest**

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web on the morning of the factory tour veruca s parents have to restrain her so she doesn t scale the fence and enter the factory grounds before mr wonka is ready for them during the tour whenever veruca comes across something wonderful or interesting she shouts to mr salt that she wants it

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