

Stop Smoking Coaching Meditations: Free Yourself from Addiction



Stop Smoking Coaching & Meditations - free yourself : overcome addiction, change your bad habit, power of subconscious will, control thoughts emotions behaviour through hypnosis, drug free therapy

by Larry Trivieri Jr.

★★★★☆ 4.9 out of 5

Language : English

File size : 227 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 23 pages



Quit Smoking for Good with the Power of Coaching Meditations

Are you ready to finally kick the smoking habit? If so, then the 'Stop Smoking Coaching Meditations' book is the ultimate guide you need to quit smoking for good.

This book provides a comprehensive and proven approach to quitting smoking using coaching meditations. These meditations are designed to help you:

- Identify and overcome the triggers that make you want to smoke

- Develop coping mechanisms for dealing with cravings
- Change your mindset and beliefs about smoking
- Build confidence and motivation to stay smoke-free

The book is written by a certified meditation teacher and smoking cessation coach, who has helped hundreds of people quit smoking. The meditations are based on the latest research in neuroscience and addiction recovery. They are easy to follow and can be done in just a few minutes each day.

Benefits of Stop Smoking Coaching Meditations

There are many benefits to using coaching meditations to quit smoking, including:

- **Increased success rates:** Coaching meditations have been shown to be more effective than traditional smoking cessation methods, such as nicotine replacement therapy or cold turkey.
- **Reduced cravings:** The meditations help to reduce cravings and make it easier to resist the urge to smoke.
- **Improved mood and sleep:** Quitting smoking can lead to improvements in mood and sleep. The meditations can help to reduce stress and anxiety, and promote relaxation.
- **Increased confidence and motivation:** The meditations help to build confidence and motivation to stay smoke-free.

How to Use Stop Smoking Coaching Meditations

The 'Stop Smoking Coaching Meditations' book provides a step-by-step guide on how to use the meditations to quit smoking. The book includes 28

daily meditations, each of which is designed to target a specific aspect of quitting smoking.

To use the meditations, simply find a quiet place where you will not be disturbed. Sit or lie down in a comfortable position and close your eyes. Listen to the meditation and follow the instructions. Each meditation is about 10 minutes long.

It is important to be consistent with your meditation practice. Try to meditate each day, even if you don't feel like it. The more you meditate, the more benefits you will experience.

Why the 'Stop Smoking Coaching Meditations' Book is the Ultimate Guide to Quitting Smoking

The 'Stop Smoking Coaching Meditations' book is the ultimate guide to quitting smoking because it provides:

- A comprehensive and proven approach to quitting smoking
- Meditations that are based on the latest research in neuroscience and addiction recovery
- A step-by-step guide on how to use the meditations
- Support and guidance from a certified meditation teacher and smoking cessation coach

If you are ready to finally quit smoking, then the 'Stop Smoking Coaching Meditations' book is the ultimate guide you need to help you succeed.

Free Download your copy today and start your journey to a smoke-free life!

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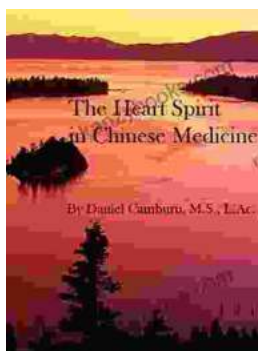


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