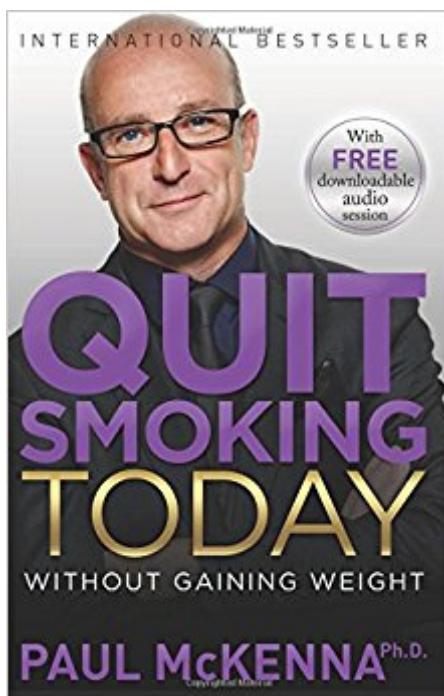


The book was found

# Quit Smoking Today Without Gaining Weight



## **Synopsis**

Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? Then let Paul McKenna help you! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes. Â

## **Book Information**

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## **Customer Reviews**

Paul McKenna, Ph.D., is described by Ryan Seacrest as a cross between the Dr. Phil and Tony Robbins of Britain and has been named by the London Times as one of the world's leading and most important modern gurus, alongside Nelson Mandela and the Dalai Lama. Over the past 20 years, Dr. McKenna has worked his unique brand of personal transformation with Hollywood movie stars, Olympic gold medalists, rock stars, business leaders, and royalty, helping millions of people successfully lose weight, overcome insomnia, eliminate stress, and increase self-confidence. He has appeared on The Dr. Oz Show, Good Morning America, The Ellen DeGeneres Show, Rachael Ray, Anderson Live, and The Early Show and is regularly watched on TV by hundreds of millions of

people in 42 countries. [www.mckenna.com](http://www.mckenna.com) Â

I found it helpful. I threw all I could into the attack, because I couldn't breathe anymore and it was debilitating. I also used EFT ("tapping.") It wasn't easy, but I COULD do it. I DID do it! I quit. 9 weeks now. I know I am over the hump. I tap when I get cravings (not often, now, but there were days when I tapped a whole lot!) and I read this book and I listened to the hypnosis CD every day for 2.5 weeks. The hypnosis added a new weapon to tapping and it felt good to be backed up with several methods. The book is beautifully written and extremely shrewd, showing how a very well-informed performer/salesman has a much better take on the psychology involved than the clueless, rather stupid health professionals who are so often thrown at you.

God Bless you Paul!!! My husband and I both have been smoke free for 6 months now. I have been a smoker and wasting my money for over 3 decades and my husband has smoked for almost 40 years. We were very skeptical but purchased "Quit Smoking Today". My husband was smirking and smoking a cigarette when he started reading Paul McKenna's book. That was the last cigarette he smoked. We listened to the CD twice a day for two weeks. It took me three days longer to quit than my husband, but honestly I never thought I could quit. I figured I would take my last breath holding a cigarette. The money that we have saved by not smoking went towards the purchase of 2 new bikes. We completed a 20 mile ride last night. If you would have told me that six months ago that I could bicycle 20 miles without a stop at the ER I would have called you CRAZY! Buy this book if you want to stop smoking. It works!!!Follow up: 2 years later and still smoke free! We broke our record last fall riding our bikes on a 50 mile ride!

This is amazing. I've tried to quit smoking so many times, using so many different methods that never worked for long. I've smoked for over 40 years. Using this book and audio tape I quit smoking 6 weeks ago, and have had very few cravings or desire to smoke. And I feel so good. This is a completely different approach. He is helping you to "feel good about living without cigarettes"! So instead of missing it you're happy that you're no longer interested. I know 6 weeks smoke free may not be a long time, but it's the longest I've ever quit, and I believe I'm done with it. And I've only gained 1 pound.

I wasn't really serious about quitting. Just thought I would buy a book and quit for a while. After reading the book and listening to the cd a few times, I have no desire to smoke again. It really is

reprogramming the way you think about cigarettes and how you use them as a crutch to pick you up when you're bored, and help you with stress. The pressure points and breathing technique work for me anytime I get a little craving. I also think about being healthy every time the thought about smoking a cigarette comes to my mind. Try it out it's worth it. I was so impressed, I e-mailed the name of the book to every smoker I knew.

From Diane Barnes, RN, author of The Book on Quitting Smoking. Other than the author's views on nicotine replacement therapy, I was quite impressed with this book. Most people return to smoking because they don't deal with the psychological issues involved. This book does a great job in teaching them how to do that. It also presents some very interesting information on the nature of addiction in the story of Rat Park. I would recommend this book to anyone trying to quit smoking. Whether you opt to use NRT or not, the exercises are a great help in dealing with the psychological issues of quitting.

If you want to quit, really want to quit, and are a person that can "NAP" easily, put this on and try it. If it doesn't help you quit smoking you will have a great 30 min semi-conscious nap. I believe it helped me kick the habit without a lot of withdrawal symptoms. I haven't had a cigarette in 8 weeks.

I have held off on committing until I had time to see if it works.   LOVE the hypnosis --- That part is GREAT!! The first time I listened to the CD, after reading the book of course, I was really excited because I actually found myself puffing my pipe but one time the whole day! My son listened as well and instantly cut back on the amount of cigarettes he normally smokes in a day's time. However, when I listen the second time it seems to have acted in reverse ... lol began puffing my pipe more! Why? I wrote an e-mail to Mr McKenna, but no return reply. I will return to update my review---

what can I say; in a few days it will be 2 months since I quit. I only listened to the CD for 14 days; that was it. I have no cravings which is shocking. I strongly recommend it. It is almost hard to believe how effective this NLP method is.

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