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BREATHE, FREEDOM: A COMPREHENSIVE & HYPNOTIC APPROACH TO QUITTING SMOKING



Insomniac Press. Paperback. Book Condition: new. BRAND NEW, Breathe, Freedom: A Comprehensive & Hypnotic Approach to Quitting Smoking, Kevin Alderson, Breathe, Freedom is a comprehensive stop-smoking program using self-hypnosis. Although smoking is viewed medically as a chronic relapsing condition, psychological and medical research reveals that comprehensive smoking cessation programs boast as high as a 50% success rate after twelve months. Breathe, Freedom includes not only the best known methods to help smokers quit, but also incorporates the best of what...

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- Authored by Kevin Alderson
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