



Quit: Say Goodbye to Smoking

Patrick McCarthy

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This is a book with associated downloadable MP3 tracks that use self-hypnosis for people who want to stop smoking. It looks at why people smoke and the rewards they get from smoking and offers a hypnosis method to assist people give up. Written in a conversational style by a doctor specialising in medical hypnosis, the book and accompanying MP3s replicate the sessions that Dr McCarthy has used successfully with smokers for many years to turn them into non-smokers. The first MP3 track teaches people an easy-to-learn self-hypnosis replacement for smoking, and the second track is a powerful hypnotic commitment and pledge to stop smoking forever.

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