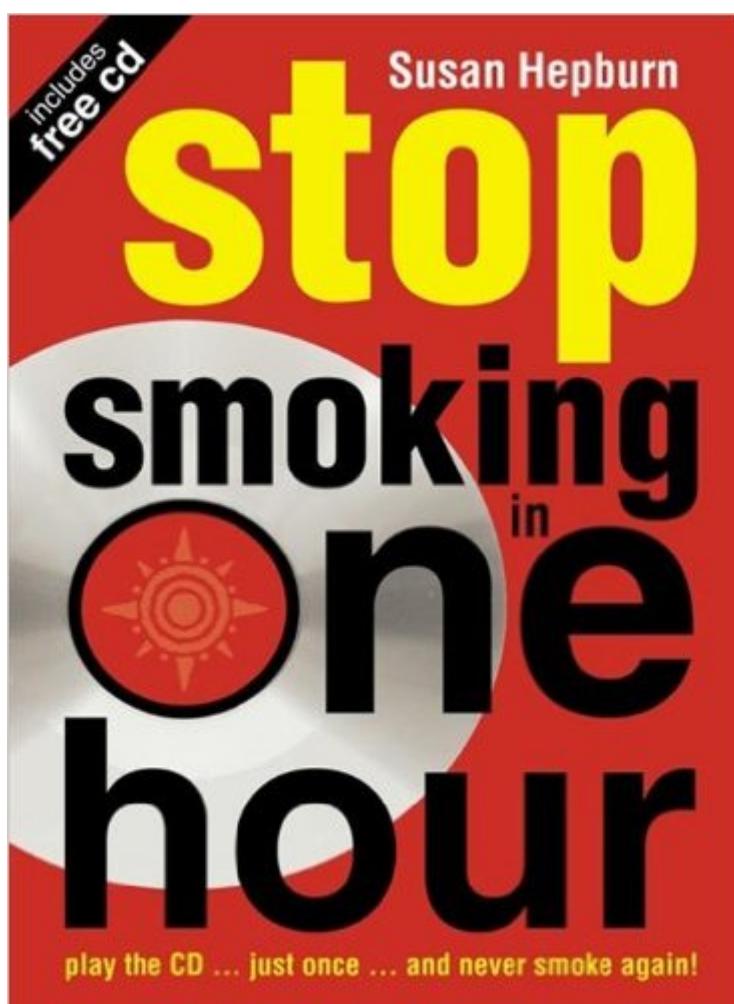


The book was found

Stop Smoking In One Hour: Play The CD... Just Once... And Never Smoke Again! (Listen Just Once To The CD And You'll Never Smoke Again!)



Synopsis

Become a non-smoker permanently, in only one hour, and with no withdrawal symptoms. A half hour CD is included, in a sealed envelope mounted inside the back cover of this paperback. After listening to Susan Hepburn's unique and effective hypnotherapy script smokers will become non-smokers. Benefits include:- no withdrawal symptoms or cravings- no irritability- no desire for snacks between meals. Hepburn strengthens the program with special breathing exercises, explained in the book. The formula works no matter how many years you have smoked or how many a day. Although her formula doesn't rely on your having the willpower of your own to give up " ie. you need help otherwise you would have managed before " it does need you to want to give up " not merely that your partner or someone else is twisting your arm!

Book Information

Series: Listen Just Once to the CD and You'll Never Smoke Again!

Paperback: 144 pages

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Language: English

ISBN-10: 0007104065

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Product Dimensions: 6.6 x 0.4 x 8.4 inches

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Average Customer Review: 3.6 out of 5 stars Â See all reviews Â (107 customer reviews)

Best Sellers Rank: #485,344 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #40575 in Books > Self-Help

Customer Reviews

I was extremely skeptical. Have smoked strong European cigarettes (you know, so I can get European cancer but look good doing it) for 25 years. I had quit for 4 years during that time with a patch, but started back up a few years ago smoking more than ever, 2+ packs per day. We are vacationing soon at a place where there is no smoking, so I got this book to try and prepare myself. I had no intention of quitting the day I did. I read the book thinking I would listen to the CD another time, but went ahead and listened to it and have not picked up a cigarette since. I have re-listened to the CD 3 times just to make sure, plus it is very relaxing. I have the patch ready to put on, but I have not needed it yet. I sit in my office on the computer with a cup of coffee and remarkably no cigarette ! Give this a try if you are thinking about quitting....I hope you will be as pleasantly surprised

as I am that it does work. She does a great job of letting you know about hypnosis, so if you are unfamiliar or a little afraid, she answers all of those questions and puts you at ease.

I was very skeptical when I tried this the night of August 21,2004. I fell asleep with my headphones on and was afraid I might have missed something so I started it over again at 3a.m. in the morning and fell asleep again. When I awoke I thought darn its not going to work. But I'll do what it says and just see how long I can go without a cig. I stopped smoking that day on August 22, 2004 and today it has been 1 year. I smoked for 20 years 2- 2 1/2 packs per day. If this works for you it will be the best thing you can do for yourself. Im 37 and a Nonsmoker....Yea!!!

I bought this book with the intentions of giving up smoking as my new years resolution. I received this book in the mail on Dec. 23. I had 2 cigarettes left so I figured "why not quit tonight". I had 1 last cigarette than laid down in bed an read a little of the book, when it came time to listen to the cd I turned off the lights put on my headphones and just relaxed. I woke up the next morning feeling great. I knew I had 1 cigarette left in the pack, I broke it up and threw it out. I haven't smoked since!!!! A few times I had slight urges (nothing compared to the times I tried to quit before) I did the breathing excercises as instructed in the book and they really work. I've been smoking for 12 years, the past 6 years I've been smoking a pack per day. I've tried many times to quit before with no luck. I strongly urge anyone looking to quit smoking to buy this book.

I've smoked for over 30 years and didn't particularly want to stop, but knew it would be a good idea. I read the 1st half of the book and listened to the cd. no withdrawal, no cravings, no kidding.

I have been smoking a pack a day for 22 years now. Without ever quitting in all those years. I have thought about it, yes, but was always afraid of the cravings and withdrawal symptons and so forth. I finally made the decision to QUIT cold turkey. I didn't want the patch, I didn't want the inhaler, I started taking Zyban, but I still smoked. After listening to this CD, the next morning I didn't have any cravings for cigarettes! It is now 2 days and this is the first time in 22 years that I have gone without a cigarette! I am truly amazed at this and I recommend this to all my friends and family.

I smoked 2 1/2 packs a day. I smoked for 24 years. No matter how many times the doctors told me I had to quit..I couldn't. I was a hard core smoker. Susan Hepburn made it so very simple and painless.. no stress at all and no panic attacks about not having a pack of cigs in the house. I didn't

eat extra to keep myself occupied either!! I've been smoke free since November, 2002 (4 Years!!) and I can honestly say that it was the EASIEST thing I have ever done in my life! People should at least give this program a try. It may not work for EVERY person, but.. What do they have to lose?? \$15.00? That's Nothing compared to the price of a carton of cigarettes! OR the price of "those nicotine patches" (that didn't work for me). Even IF this program only works for 1/2 the people who try it.. maybe YOUR that 1 ?? and That is worth \$15 bucks i think. When i bought it i did Not expect it to work, I bought it just as a motivational tool ya know, some reading to help me "get focused on quitting". So, Boy was I surprised when the next day I simply had no desire to light up... and it stayed that way.... even when i'm with other people who are smoking. Me! the person who could not go 5 minutes without a smoke! I still find it amazing. I think it is worth a try for anyone who is Sincere in their desire to quit. If you Hate being addicted and you Hate smelling, and you Hate not being able to catch your breath etc. If your really Hate it, but just don't have the self-control to stop. I think this program can work for you. Yes the title of the book sounds ridiculous Quitting in 1 hour..ok maybe it was 1 day? LOL Hey.. I'm just glad it did work.. or i'd be dead by now. I think Ms. Hepburn is my Angel, and I hope this can help someone else who needs to quit like me. thanks for listening.

My husband bought this book/CD combo five years ago after my repeated pleas that he stop smoking. I had and still have him down to three cigarettes a day, but he just couldn't seem to kick the habit entirely. He tried Ms. Hepburn's system, he said it lessened his desire to smoke, but it was still there and ultimately he couldn't shake the habit. I have loaned this book to friends and family who have had success with it. Thus, from my firsthand knowledge, it has had mixed results. I guess my advice is that the approach is so inexpensive and straightforward that it is worth a try if you are trying to quit. However, let the fact that it is so hard to quit be a cautionary tale of just what a powerful and addictive drug nicotine really is both physically and psychologically. The best way to quit is to never start in the first place.

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