

STOP SMOKING WITH SELF-HYPNOSIS

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Hypnosis is most effective when performed by trained clinical professionals. If nicotine lozenges, patches, chewing gum, counseling, and other smoking cessation methods haven't helped you kick the habit, don't give up. Help answer questions Learn . Eliminate as many distractions as possible. Doing so has immediate health benefits. A comfortable chair or recliner may be more helpful to keep you relaxed but awake. Hypnosis Smoking Addictions In other languages: Makesuretheyarelicensed,trained,andcredentialed.Hypnosis will only help you make changes that you actually want to make.