

## Mayann Dreams

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## Freedom from Smoking

£7.50

How do you feel having to go outdoors to smoke tobacco? Like a social outcast?

I know how difficult it is to quit smoking - I've been there! Now, if I can quit, so can you. I found it really easy with self hypnosis.

Become a non-smoker - it's OK to quit now - and it's easy with this recording!

Just download this recording and listen to it every day for at least 30 days. You will be a non-smoker, healthier, wealthier, and younger looking!

Recorded by Anne. Available in CD and MP3 format in Conventional Hypnotherapy and CD and MP3 format in Brainwave Entrainment.

The Brainwave Entrainment has semi subliminal affirmations and entrainment at the optimum level for breaking habits, repeated throughout. Both of these are overpowered by a piano. You will be aware of my voice and the entrainment but it is not necessary to hear them clearly. All you have to do is lie back, relax and listen to the piano music!

*Do not purchase this recording if you suffer from, or are receiving treatment for, a mental health problem.*

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