

Freedom from Smoking

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Synopsis

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According to Edgar Cayce and modern psychology, your subconscious mind is extraordinarily creative and will follow the directions you give it. With the A.R.E. Presleep Series, your conscious mind will work in harmony with your subconscious. There are no hidden subliminal messages, only a safe and effective method of working with the power of suggestion. This program provides you with a method to reprogram your thought patterns to eliminate smoking from your life, channel the stress of quitting, control your urge to smoke and manage compulsive habits.

Reader's comments

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