

Smoking Reduction

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Synopsis

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This 21-minute self-hypnosis program is designed to help you reduce your smoking, with the ultimate goal of becoming a tolerant non-smoker. It is a proven approach, based on almost 25 years of experience. You have the option to smoke occasionally as an alternative choice, and this program teaches you how! <p>Roy Hunter, M.S., FAPHP, is a certified hypnotherapy Instructor, author/trainer, and professional public speaker. He received the 1990 Hypnotic Voice of the Year Award from the International Hypnosis Hall of Fame. He started practicing hypnosis professionally in 1983, and has taught professional hypnosis since 1987. Today, he teaches and lectures to hypnosis professionals both across the U.S. and abroad. His books are required texts at numerous hypnosis schools around the world.</p>

Reader's comments

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