



Switch Off Smoking with Altered State Writing: Reach into your inner mind and start erasing all your key cigarette triggers

John Cliff

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Ever wished you could stop smoking without having to go through all the bad temper and gut-wrenching denial? Switch Off Smoking will help you do just that. It allows you to get in through the back door of your mind and erase the key cigarettes triggers from your memory, effectively training your unconscious mind to be a nonsmoker. This means you can forget about cravings and endless cigarette reminders urging you to smoke. You'll learn an amazing change technique called Altered State Writing. This is something like structured daydreaming, where you progressively overprint your old smoking memories with fresh, new non-smoking imagery. It takes around five to six minutes per day, and all you need is a pen, a pad, and your imagination. Within a week or two, you'll find those nagging cigarette thoughts and cravings are fading away to nothing. And with less and less reminding you to smoke, stopping eventually becomes as easy as simply letting go of an obsolete habit. You'll also learn techniques of interactive thought management to help you get rid of any stubborn cigarette thoughts – quickly and permanently. And you'll learn a simple and effective way to blow away any remaining craving feelings. Nearly all of it will happen behind the scenes, and mostly while you sleep. Best of all, you'll never have to go through the agonies of constant denial, or the terrible mental infighting that cold quitters suffer. In fact, many people have said that Switch Off Smoking is the nearest thing to forgetting you ever smoked. About the author John Cliff is a certified NLP Trainer and Master Practitioner who specializes in change techniques which integrate conscious and unconscious processes. He has run Quit Smoking workshops around London, and currently helps people lift their personal performance by helping them tap into their inner resources. He is also the author of How To Go From Shy To Popular and The Master Seducer's Handbook.

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