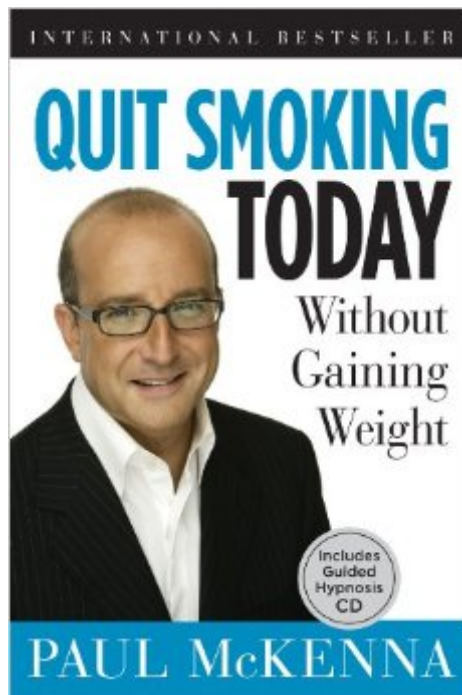


The book was found

# Quit Smoking Today Without Gaining Weight



## Synopsis

Paul McKenna, PhD, has developed a breakthrough system to help people quit smoking. 97% of people who use it do NOT gain any weight when they quit smoking. Already an international bestseller, this book and hypnosis CD has helped people all over the world to change their lives. Through the simple conditioning system revealed in the book and on the accompanying hypnosis CD, Paul McKenna retrains your mind and body so that you no longer crave cigarettes. Stress-busting exercises, visualizations, helpful questions and answers, and a handful of easy-to-follow rules get to the root of cigarette addiction.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #714,710 in Books (See Top 100 in Books) #130 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking](#) #447 in [Books > Self-Help > Hypnosis](#) #1739 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Substance Abuse](#)

## Customer Reviews

I have smoked a pack a day for 20+ years. I have tried to quit smoking Dozens of times, This was by far the easiest and most effective way I ever came across. When I started listening to the CD I was only somewhat motivated to quit, but by the time I started listening to the self hypnosis I noticed I became really willing and confident about quitting. I also noticed that I didn't have the usual temper problems that I normally have, and I barely had any triggers to make me want to smoke. Smoking is a habit that is all in your brain, Paul knows how to re-write the way the brain works to easily change the habit. It was super easy and fun even. If you smoke, give yourself a break and try this out.

God Bless you Paul!!! My husband and I both have been smoke free for 6 months now. I have been a smoker and wasting my money for over 3 decades and my husband has smoked for almost 40 years. We were very skeptical but purchased "Quit Smoking Today". My husband was smirking and

smoking a cigarette when he started reading Paul McKenna's book. That was the last cigarette he smoked. We listened to the CD twice a day for two weeks. It took me three days longer to quit than my husband, but honestly I never thought I could quit. I figured I would take my last breath holding a cigarette. The money that we have saved by not smoking went towards the purchase of 2 new bikes. We completed a 20 mile ride last night. If you would have told me that six months ago that I could bicycle 20 miles without a stop at the ER I would have called you CRAZY! Buy this book if you want to stop smoking. It works!!! Follow up: 2 years later and still smoke free! We broke our record last fall riding our bikes on a 50 mile ride!

Once again Paul McKenna has come to the rescue. I've lost over 40 lbs so far with his "I can make you thin" book & cd & now I'm a non-smoker too! This man's methods really work for me.

On TV I saw a small segment of Paul helping a woman lose weight. I listened to his suggestions and tried it and actually gave up wine. I hadn't even read the book! So when I found his Quit Smoking book I bought it right away. I smoked my last cigarette on a Sunday afternoon read his book that night and listened to his cd Monday morning. I haven't had a cigarette since. You must be diligent by listening to the 25 minute tape for 2 weeks, but it is worth it. There are also tips in the book as to what to do when you get a craving, and you will, but they go away quickly. My son is very proud of me and I hope to be around a lot longer to enjoy my grandson. I highly recommend this book.

I wasn't really serious about quitting. Just thought I would buy a book and quit for a while. After reading the book and listening to the cd a few times, I have no desire to smoke again. It really is reprogramming the way you think about cigarettes and how you use them as a crutch to pick you up when your bored, and help you with stress. The pressure points and breathing technique work for me anytime I get a little craving. I also think about being healthy every time the thought about smoking a cigarette comes to my mind. Try it out it's worth it. I was so impressed, I e-mailed the name of the book to every smoker I knew.

I bought this book and CD as I had promised myself I'd quit smoking by my 33rd birthday. After seeing my mother die from lung cancer and after smoking for 10 years myself, I had to quit. Paul's hypnosis CD for sleep was introduced to me and it made an immediate impact so I bought this book and ever since listening to the CD, lost the craving and (the ridiculous) feeling that I was going to

miss out on a pleasure that was never really there. There is no reason to NOT try when the cost of cigarettes and the definite long term effects are far more costly. Thank you Paul. You have changed my life for the better.

I have been a smoker for 18+ years! Well, no more!!! Wow!! I didn't even read more than 30 or so pages and then decided to pop in the cd and listened to it 1 time. I have not smoked any cigarettes in 24 hours and am not freaking out about it. I am not having a panic attack and am very calm, as a matter of fact. This is so cool! I have done all of the things that I normally smoke cigarettes with like driving, talking on the phone and being on the internet and I haven't once just "Had" to have a cigarette. My spouse even smokes in front of me and it doesn't even affect me one way or the other. I kindof thought that it would! Great stuff!!! Thanks Paul!!!

I will start by saying that I have tried it all... Chantix... Welbutrin... everything that was out there to help me quit smoking. I have been smoking for 16 years and have quit several times only to let stress lead me to the store to buy more cigarettes. I came across this book while I was looking for a workout journal so it was not planned at all. It was on sale so I decided to buy it. I never thought of hypnosis for anything so I thought this was just going to be a fun experience at the least. Long story short I surprised myself by not smoking in the first 24 hrs. I tried to smoke a couple times today (the first day) but couldn't even stand the smell much less the taste. I think this book did exactly as it said ... it showed me a new way of thinking and "mind tricks" in a positive way. I am still going to listen to the CD and read the book and try the techniques. If I think my review needs changing I will make sure to do an update. No first time excitement here ...just glad to see it might work. I spend more on 2 packs of cigarettes compared to the cost of this book. I will tell anyone to try it... no medication... just plain positive thinking at its best.

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