



# Quit Smoking Today Without Gaining Weight

*Paul McKenna*

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## **Quit Smoking Today Without Gaining Weight** Paul McKenna

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.

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