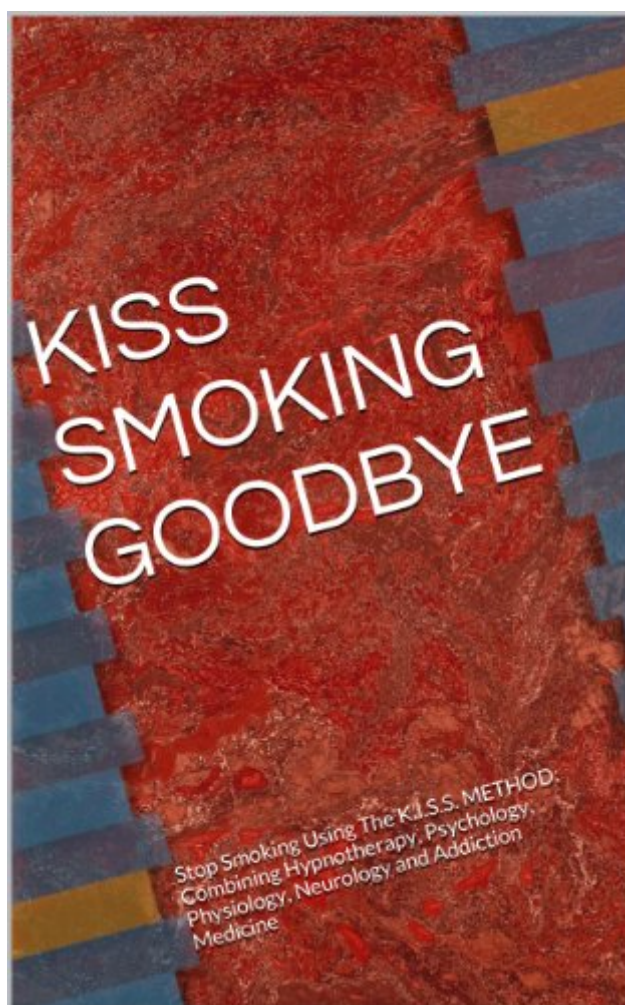


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# **KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology And Addiction Medicine**





## Synopsis

KISS SMOKING GOODBYE combines the most recently proven tools to help smokers quit smoking efficiently and successfully. To help smokers quit successfully, the K.I.S.S. METHOD combines Hypnotherapy, Psychology, Sociology, Physiology, Neurology and Addiction Medicine. Chapter 1 sets the determined future nonsmoker on the path of being able to visualize and declare the intention to become a nonsmoker. These tools are easy, fun yet powerfully impacts people as determined by research about intentionality and manifestation. Chapter 2 helps individuals integrate simple and complex hypnosis tools into their daily routine so they are 1) motivated to stop smoking, 2) excited to imagine their future life as a nonsmoker, 3) horrified as they anticipate the devastations if they continue to smoke cigarettes, 4) relieved to know they can succeed and become free of the addictive cravings to smoke, 5) masters of their own choices about their health. Long deep trance state hypnosis videos and audio recorders are offered for once a day use when individuals can close their eyes and sleep, even for the night. Quick trance states which can be attained while working, washing dishes, exercising, or traveling from one place to another by bus, walking or taxi are also offered for those moments when you need a quick boost of motivation and clarity. Chapter 3 begins the smoker to consider 8 main reasons why they have not been able to quit smoking. These eight categories are important to consider so that the right interventions can be put into place which is what is discussed and determined in Chapter 4. In Chapter 4, the eight categories associated to why you smoke are discussed and interventions are given which you implement to help you create the perfectly matching stop smoking program. These eight categories include: 1) physiology and chemistry of smoking and addiction, 2) neurology of smoking in terms of brain entrainment and deadening of nerves, 3) social causes such as business, parties, friendly chats, 4) emotional causes such as stress, anxiety, depression, loss, emptiness and anger, 5) identity issues associated to long term smokers who have been using since teenage years, 6) patterns of smoking such as while drinking alcohol, breakfast, driving cars or after sex, 7) nicotine addiction, and 8) "I smoke cuz I smoke." Chapter 5 examines changing your identity to become a nonsmoker. This chapter offers many ideas you can select from which will help you cooperate with your wish to quit smoking and gives you a chance to create your new perfect or near perfect nonsmoking routine, freedoms, self-satisfactions and rewards. The final chapter helps you put this program together so that every day you are more successful and more motivated and more in-line with your own wish to be a nonsmoker. Dr. Carol Francis as a Clinical Psychologist and Certified Medical Hypnotherapist has assisted individuals for 32 years to be free of toxic smoking habits. Dr. Carol Francis created K.I.S.S. as a thorough way to address almost all the reasons any person would still be unable to quit

smoking. K stands for Keep; I stands for It; S: Super and S: Successful. This KISS Method is build on the premise that if an individual wants to change anything it is best to simultaneously put many pieces of the solution in place so that many of the reasons to stay attached to a bad habit are pelted with better habits, better physiology, better brain entrainment, better psychological health and better social habits and patterns. For more information about this author and psychologist, visit DrCarolFrancis.com.

## **Book Information**

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