

1 Proven Method Of Quitting Smoking Hypnosis

you can use hypnosis as a quit smoking method. ... quitting smoking is one of the biggest journeys they embark on. Studies have NOT proven hypnosis effective in helping ... WhyQuit.com - WhyQuit is the Internet's oldest forum devoted to the art, science and psychology of cold turkey quitting, the stop smoking method used by the vast majority of all successful long-term ex-smokers.

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