

What is QS-21D? QS-21D is a 21 day Autogenic Quit Smoking Program that enables you to quit smoking without Willpower, Nicotine or Dangerous Drugs like Chantix. It lessens the withdrawal symptoms and cravings for nicotine and helps eliminate weight gain and stress associated with Quitting Smoking. How does QS-21D work? Your non-conscious/subconscious mind cannot tell truth from a lie, so any thought you consciously choose to impress upon your subconscious mind over and over becomes your new truth your new habit. The technique involves the daily practice of impressing a set of proprietary "Self-Instructions" that induce your sub-conscious mind to become a non-smoker. Every thought or word your conscious mind chooses to accept, your subconscious mind must accept and express. The current product is a (detailed 8 page booklet packaged with an audio CD). The audio CD is an example of a person using the "self-instructions" from QS21D Quit Smoking booklet. The core of the program is in the booklet the CD is used to enhance the users success rate. The consumer buys a (booklet & CD) with detailed instruction on how to quit smoking successfully. How the Quit Smoking 21 Days Program Works Research has discovered that it takes four to ten repetitions of a thought pattern to create a seed that will grow into action. Let's say that you accept an invitation to spend the weekend water-skiing. The inboard engine on your friend's boat has no cover. He warns you about it but you forget, accidentally press your leg against the engine, and get burned. Your friend's warning didn't register, but the second one- a blister on your leg- did. After that, you'll keep your bare skin away from that engine's hot metal for the rest of the day. One effective input- or was it more? Actually, every time you get near the engine, a highly emotional thought pattern will flash through your mind: "touching the engine hurts." This thought pattern is a self-instruction. Every time you rub the burn on your leg that night, you'll get another repetition of the same thought pattern. When you go water skiing the second day, you'll remember to keep your bare arms and legs away from that engine. Most people limit themselves to self-instructions of this sort, the ones that chance imposes on them as they plod through life. Since the most powerful of these self-instructions are painful memories, most people are reluctant to try new things. Their minds are shot through with variations of, "You better not try that or you'll be sorry." Every successful person, on the other hand, has some understanding of self-instructions, and uses positive thought patterns to create effective action. These are the people who say, "I can do that." Then they do it. We make Quitting Smoking EASIER when You WANT to Quit

Seduction (Hqn), Cheyenne: A Timeless Series Novel, Book One (Timeless Series Novels) (Volume 1), Depth Charge: Mercy, Monroe, Shadow: The Hoods MC, Degrees of Passion (Matthews Sisters), Shades of Crimson, Sacred Medicine Book Two, Adrenaline (Devlin Group), Stout: A Lovibond Novel (Lovibond Collection) (Volume 2), The Forever of Ella and Micha (Secret (Jessica Sorensen)),

For example, if you go to the gym everyday for 21 days, you're more I mentioned this in my last post regarding quitting smoking, Tobacco Once smokers pass the age of around 30, smoking will take an average of 5-6 hours off their life for every day they carry on. And that is healthy It takes 0 days to quit smoking. There are no reliable scientific proofs about anything in smoking, because science is disappointingly off the mark here. It just takes 21 days to quit completely from any cigarette or drugs I've started today quitting smoking as my dad is now suffering very badly I made it 21 days without smoking! Do you know what that? Yea, there were a few times I quit, but I was never as passionate about it as I am now. This means Why do people say that it takes 21 days to break a habit? Read how it started with a plastic surgeon and why it's so meaningful when quitting smoking. Wow !! 21 days without touching a cigarette !! I feel much better and although I wake up with the urge to smoke .. I know it's only

a temporary November 21, 2015 at 12:06 am. Day 5, chest tightness is the worst so far. I king of manage the cravings, but i am down this road without being convinced i am Well, not literally. Smoking dulls the sense of smell, so when you quit everything smells better. It takes just days for the change to kick in.I say if you can go cold turkey for 21 days, youve got it. I recently quit smoking (a few years ago) and switched over to chewing Copenhagen. Hello everyone. I have been on Champix for 4 weeks and 2 days and smoke free for 21 days. I found it really tough for the first 2 weeks but got You can feel the health benefits of quitting smoking in just a few minutes after you quit. 21 days – Brain biochemistry is returning to normal. 15 days – 90 days 21 Things Ive Learned About Quitting Smoking Time and patience -- Smoking cessation is not over in a few days, weeks, or even months, After 21 days, things change dramatically. One thing common to all quit-smoking programs is that you absolutely must reward yourself. I gave The list below shows a recovery timetable of the changes that occur physically, mentally and emotionally when you quit smoking for 21 days. 10... Day 21 / 3 weeks, Yahoo!! Well the Journey so far has been mostly smooth, Ive had a few full on cravings, But hey weve got to expect that.

[\[PDF\] Seduction \(Hqn\)](#)

[\[PDF\] Cheyenne: A Timeless Series Novel, Book One \(Timeless Series Novels\) \(Volume 1\)](#)

[\[PDF\] Depth Charge: Mercy, Monroe](#)

[\[PDF\] Shadow: The Hoods MC](#)

[\[PDF\] Degrees of Passion \(Matthews Sisters\)](#)

[\[PDF\] Shades of Crimson](#)

[\[PDF\] Sacred Medicine Book Two](#)

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