

Smoke-Free & No Buts!

By Geoff Ibbotson, Ann Williamson, Ann. Williamson

Donwload Read Online

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson

A manual specifically designed to provide the reader with novel and innovative ways to give up smoking.

Download Smoke-Free & No Buts! ...pdf

Read Online Smoke-Free & No Buts! ...pdf

Smoke-Free & No Buts!

By Geoff Ibbotson, Ann Williamson, Ann. Williamson

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson

A manual specifically designed to provide the reader with novel and innovative ways to give up smoking.

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson Bibliography

- Sales Rank: #12437075 in Books
- Brand: Brand: Crown House Publishing
- Published on: 2001-02-01
- Original language: English
- Number of items: 1
- Dimensions: 7.77" h x .20" w x 5.12" l, .22 pounds
- Binding: Paperback
- 88 pages

Download Smoke-Free & No Buts! ...pdf

Read Online Smoke-Free & No Buts! ...pdf

Download and Read Free Online Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson

Editorial Review

Review
"By the time you reach your giving-up day, smoking will have become so tiresome that you will be desperate to stop." -- *The Times, 1999*

About the Author
Dr Ann Williamson is a GP with twenty-five years' experience in practice. She has been using hypnosis to facilitate change and empower her patients for nearly ten years, and is herself a long-term ex-smoker. Dr Geoff Ibbotson was a GP for twenty-two years before he left his practice to pursue his interest in chest medicine and the applications of hypnosis. He now carries out hypnosis on a private basis.

Excerpt. © Reprinted by permission. All rights reserved.
Why Can't I Just Stop? So you have decided to become an ex-smoker Have you ever wondered why you have not been able to stop before? surely you can just decide what you want to do and then do it! or can you?

We would like to introduce you, at this point, to a useful model that may help to explain why this is so often difficult.

A model is not the 'truth' but an explanation based on what we know so far that helps us to understand what might be happening.

The brain has two halves which tend to function fairly independently.

The left half of the brain, which is responsible for our verbal and arithmetical skills, and is the source of our critical, evaluative, logical thought processes, is that part of our mind or consciousness that we generally use most in our day-to-day activity.

The right side of our brain, which becomes more active as we relax, is responsible for our visual and creative imagination, our intuitive and instinctive part of ourselves, and is the source of our feelings and emotions.

Normally there is little communication between these two halves, e.g. the left brain knows many good logical reasons why one should not smoke but the right brain wants a smoke (feeling), and whenever there is conflict between right and left brain the right side nearly always wins. Simply deciding at a logical level that you want to be an ex-smoker, and then expecting to be able to achieve this, is about as effective as telling someone 'not to worry' when they are experiencing a panic attack. Logical reasoning doesn't get through very well in the normal waking state to that part of our consciousness where we process our feelings.

To successfully set yourself the goal of becoming an ex-smoker and then achieve it, you need to get in touch with that part of your mind where you keep the feeling of wanting to smoke.

Over the next few chapters we will show you how to do just that.

Users Review

From reader reviews:

Sheila Carter:

With other case, little individuals like to read book Smoke-Free & No Buts!. You can choose the best book if you love reading a book. So long as we know about how is important a book Smoke-Free & No Buts!. You can add know-how and of course you can around the world by the book. Absolutely right, because from book you can understand everything! From your country until eventually foreign or abroad you will end up known. About simple issue until wonderful thing you may know that. In this era, we can easily open a book or maybe searching by internet gadget. It is called e-book. You may use it when you feel weary to go to the library. Let's study.

Jennifer Bryan:

The feeling that you get from Smoke-Free & No Buts! is the more deep you excavating the information that hide inside words the more you get interested in reading it. It does not mean that this book is hard to know but Smoke-Free & No Buts! giving you thrill feeling of reading. The copy writer conveys their point in particular way that can be understood simply by anyone who read the item because the author of this guide is well-known enough. This book also makes your own vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We highly recommend you for having this particular Smoke-Free & No Buts! instantly.

Michele Reynolds:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun for yourself. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book Smoke-Free & No Buts! it is quite good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the e-book. You can m0ore simply to read this book from your smart phone. The price is not very costly but this book offers high quality.

Roberta Granger:

You may spend your free time to read this book this e-book. This Smoke-Free & No Buts! is simple to create you can read it in the area, in the beach, train in addition to soon. If you did not have much space to bring often the printed book, you can buy the actual e-book. It is make you much easier to read it. You can save the actual book in your smart phone. Therefore there are a lot of benefits that you will get when you buy this book.

Download and Read Online Smoke-Free & No Buts! By Geoff

Ibbotson, Ann Williamson, Ann. Williamson #EU7J8QDW4Y9

Read Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson for online ebook

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson books to read online.

Online Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson ebook PDF download

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson Doc

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson Mobipocket

Smoke-Free & No Buts! By Geoff Ibbotson, Ann Williamson, Ann. Williamson EPub