

What you get

One track is a [hypnotherapy](#) session i.e. hypnosis smoking cessation, incorporating [NLP](#) techniques, which we suggest you listen to once or twice a week and the other is a track of positive affirmations to keep you going between sessions of self hypnotism. We suggest you listen to this track in your bedroom each night as you go to sleep. You will also receive a written download which outlines further techniques to quit smoking, such as self hypnosis and an exercise called [EFT](#). It also gives you the facts you need to successfully quit smoking by hypnosis with Sounds Positive.

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