

Hypnosis CDs

At Quit With Ease we believe in playing to our strengths, that is why we do not produce our own CDs. We have an arrangement with Hypnoshop to sell products on their behalf.

Self Hypnosis CDs and Downloads

ADDICTIONS

Overcome Alcohol Addiction

Overcome Coffee Addiction

Overcome Drug Addiction

Stop Gambling

Stop Smoking

ANXIETY AND STRESS

Anxiety Release

Overcome Grief

Overcome Guilt

Overcome Panic Attacks

Stop Worrying

Stress Management

CONFIDENCE ISSUES

Super Self Confidence

Self Esteem Boost

Boost your Ego

Public Speaking Confidence

Overcome Shyness

CREATIVE RELAXATION

Dolphin Visions

The Magical Forest

Tropical Paradise

FEARS AND PHOBIAS

Agoraphobia

Fear of Death

Fear of Dogs

Fear of Flying

Fear of Heights

Fear of Injections

Fear of Spiders

Fear of the Dark

Fear of the Dentist

General Fears & Phobias

HEALTH PROBLEMS

Better Bladder Control

Manage Blood Pressure

Overcome Depression

General Health & Wellbeing

Healthy Clear Skin

IBS Management

Manage Excessive Sweating

Mind Body Healing

Pain Management

MEN'S ISSUES

Premature Ejaculation

Erectile Dysfunction

The Sexual Male

PERSONAL DEVELOPMENT

Anger Management

Boost your Charisma

Get rid of Emotional Baggage

Find Happiness

Be More Assertive

Beat Bullying

PERSONAL PERFORMANCE

Driving Test Nerves

Exam Success

Magnificent Memory

Overcome Procrastination

Studying Success

Overcome Stage Fright

Wedding Day Nerves

RELATIONSHIPS

Attract Love

Deal with Divorce

Overcome Jealousy

Overcome Loneliness

Rebuild Trust

SLEEP PROBLEMS

Overcome Insomnia

Overcome Nightmares

SLEEP PROBLEMS cont'd

Stop Snoring

Manage Sound of Snoring

Stop Sleep Talking

Overcome Sleep Walking

SPORTS HYPNOSIS

Hypnotic Bodybuilding

Exercise Excellence

Fantastic Football

Great Golf

Perfect Poker

Running/Jogging Motivation

Super Snooker

Terrific Tennis

Sporting Success

WEIGHT LOSS

Slim & Trim - Weight Loss

Healthy Eating

Start Exercise

WOMEN'S ISSUES

Easy Natural Childbirth

Manage Morning Sickness

Post Natal Depression

Enjoy Intimate Sex