

Stop Smoking at Quit With Ease

Quit With Ease

PsychoVisual DVDs

These DVDs have been designed for use as a form of self-administered hypnosis. They can be used in combination with hypnosis sessions conducted by a hypnotist in order to maximise the effects.

The range comprises of 9 DVDs covering the most commonly requested topics.

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Positivity DVD

62.00 0 0

£29.95

90.00 28.35

438.73 cm /12

Do Q

Want to develop an optimistic outlook ? This DVD will help lift you out of depression, show you how to be cheerful in trying circumstances, and generally how to be rid of anxiety and mental suffering [\[Product Details...\]](#)

Freedom from Tranquilisers

type="image",width=22.5777777778,height=31.75

64.00 0 0

90.00 28.35

222.59 cm / 13

The anti-addiction DVD. [\[Product Details...\]](#)

Do Q

Self Confidence DVD

type="image",width=22.5777777778,height=31.75

~~£29.95~~

64.00 0 0

90.00 28.35

37.63 cm /14

As the title implies, viewing this DVD will strengthen your belief in yourself. Contains a segment that builds your ability to be relaxed when you speak in public. [\[Product Details...\]](#)

Mind and Hypnosis DVD

£29.95, width=22.5777777778,height=31.75

64.00 0 0

90.00 28.35

551 34 cm / 15

Clear explanation of how the mind works and what hypnosis is all about. A must for anyone contemplating using hypnotherapy. [\[Product Details...\]](#)

Relax and Let Go DVD

~~£29.95~~

type="image",width=22.5777777778,height=31.75

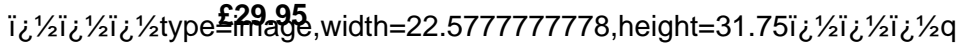
64.00 0 0

90.00 28.35

350 mins. It begins with a progressive relaxation sequence, beneficial in itself. The DVD enables you to free yourself from negative thoughts, from phobias such as fear of flying, and from unhealthy relationships. [\[Product Details...\]](#)

Stop Smoking DVD

£29.95

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64.00 0 0

90.00 28.35

For more information

For many people only one viewing is all that is necessary to stop a decades-long habit. The success you enjoy in stopping smoking has a positive "ripple effect" on other areas of your life. [\[Product Details...\]](#)

type="image" width="225" height="31.75" alt="Stress Control DVD cover image"/>

64.00 0 0

£29.95

90.00 28.35

688.11 cm /18

Do Q
Should be called stress-proofing because this DVD shows you more than how to deal with stress; it protects you against being damaged by stress. Changes your thoughts in a positive direction. [\[Product Details...\]](#)

Weight Control DVD

£29.95, width=22.5777777778,height=31.75

64.00 0 0

90.00 28.35

487.56 cm / 19

Not a diet plan. This DVD helps you make the subconscious decisions necessary to safely and gradually release excess weight, then to keep it off permanently. [\[Product Details...\]](#)

- « « Start
- « Prev
- 1
- Next »
- End » »

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