

Stop Smoking at Quit With Ease

Quit With Ease

Self Confidence DVD

£29.95

The subconscious is an enormously powerful tool for achievement. It controls bodily function and is responsible for maintaining health. It determines our emotional moods, the way we think, and the habits and characteristics that define the personal self.

Yet a simple and obvious fact that is widely un-appreciated is the fact that the subconscious has no conscious awareness and therefore operates automatically until it is 'told' to do otherwise.

Unawareness of this simple fact makes most people unsuspecting victims of their 'blind mind', and therefore slaves to it, simply by their unknowing programming of their own minds in ways that are inefficient or even dangerous.

Important: The positive effectiveness of this system is not determined either by belief in it, or understanding of it. All that is required is conscious attention.

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