

## Stop Smoking at Quit With Ease

*Quit With Ease*

## Weight Control DVD

£29.95

Since habit formation occurs over a period of time, then changing those habits usually requires time, constant conscious control, substantial effort and often suffering.

However, methods exist which allow for radical habit transformation without relying on willpower, suppression, excessive effort, or drugs.

Habits are formed through repetition. Habits are the conditioning, or programming, currently in operation within the subconscious mind.

Re-structuring (or re-programming) of deep-seated characteristics is achieved by gaining access to the subconscious and informing it directly.

Weight Control, since it deals with the causes of the problem, rather than its symptoms, is successful even among those who have already attempted other techniques.

[Vendor Information](#)

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