

# Stop Smoking at Quit With Ease

*Quit With Ease*

## Freedom from Tranquilisers

£29.95

Many people are shocked to find that when they stop taking tranquilizers they experience more stress than before they began taking them.

This program tells you what you need to know about tranquilizers and how to deal with coming off them.

Freedom from Tranquilizers has been approved by CITA (the Council for Involuntary Tranquilizer Addiction).

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.

Psychovisual programs provide a relaxing experience in which new habits can take root.

### [Vendor Information](#)

**Customer Reviews:** There are yet no reviews for this product.  
Please log in to write a review.