

**BREATHE, FREEDOM!: A COMPREHENSIVE AND
HYPNOTIC APPROACH TO QUITTING SMOKING**

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Breathe, Freedom! is a comprehensive stop-smoking program using self-hypnosis. Although smoking is viewed medically as a chronic relapsing condition , both.

A Comprehensive and Hypnotic Approach to Quitting Smoking" by Kevin Alderson with Rakuten Kobo. Breathe Freedom! is a comprehensive stop-smoking.

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