

# Stop Smoking Permanently Subliminal Mp3 - Ocean Sound Format

Thank you for investing in one of our Self Empowerment Mp3 Subliminal's, we appreciate your business.

Your Stop Smoking Permanently Mp3 subliminal download contains the following affirmations:

*I choose healthy habits. I want to be free of cigarettes. I am ready to be free of cigarettes. I can be free of cigarettes. I am free of cigarettes. I have healthy lungs. I am free of smoking. Cigarettes are out of my life. I breathe deeply and freely. I make my own choices. I choose freedom. I am in control. I am proud of my self control. I am free of addictions. I appreciate my life. I like myself. I forgive others. I forgive all. I forgive myself. I am forgiven. I am forgiving. I am powerful. I am calm and tranquil. I have the power to quit smoking. I feel good as a non-smoker. I accept myself as a non-smoker. I refuse cigarettes. I feel good. I feel wonderful when I breathe clean fresh air. I am happy. It's easy to be free of tobacco. I am good. I am a deserving, worthy person. I am strong. I am confident. I am a capable person. I like myself. Every day is easier and easier as a non-smoker. I am proud of myself. I believe in myself. I feel great. I am free of cigarettes now and forever more. I dislike smoking. I am free. Life is good to me.*

*I want to respect myself. I am able to respect myself. I respect myself. I love my life. I quit smoking now. Living is fun. I enjoy life. I am responsible for me. I am calm. I choose clean fresh air. I am relaxed. I am sufficient. My hands are calm and relaxed. I have great strength and confidence. I like a clean, fresh taste in my mouth. I easily refuse cigarettes. I eat only healthy foods. I am absolutely worthy. I am self assured. I am totally committed to being tobacco free. I am positive and determined. I have the power to succeed. I relax easily as a nonsmoker. I trust myself. I am a deserving worthy person. I am good to my body. It's easy to live life as a non-smoker. I eat only at meal times. I am an enthusiastic, motivated person. I have a strong desire to be healthy. I have a passion for life. I am absolutely in charge of my life. I choose health. My life is fun. I choose a healthy life. I feel happy. I am positive about the future. I am proud of being a non-smoker. My life is rich with joy. I am peaceful and contented. I have a natural enthusiasm for living. The smoking habit is gone. I am relaxed.*

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The messages in both male and female voices on this recording have been processed to deliver up to 2000 clear affirmations per hour. These strong, clear messages were recorded just slightly below the level of the sound format, using a computer processor, to ensure the strongest saturation of subliminal messages. Each message is embedded in the music so precisely that you don't consciously hear it, yet they are well within the range of hearing to strongly register on the brain.

Because of our high saturation of subliminal messages you may occasionally hear some of the affirmations slightly bleeding through the music or nature sounds. This is your assurance that you are getting strong subliminal messages in this recording. This subliminal program also takes advantage of the brain's receptivity to both emotional and logical messages to activate both brain hemispheres – this assures complete absorption of the messages for the changes and improvement that you want. Play this program softly in the background any time day or night, while you are working, driving, reading, learning, eating or even sleeping. Listen to the entire recording at least once a day or more if possible. The more you listen, the greater the effect.