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STOP SMOKING IN ONE HOUR is meant for those who are interested to stop smoking or those who want to help friends quit the habit. The book examines the various reasons smokers get hooked to smoking and slowly it became a habit hard to get rid off. The author introduces her remarkable Austin Technique which have help hundreds of smoker to stop smoking. This book teaches you how you can use the dynamic power of self-hypnosis to retrain and transfer the illusory satisfaction of smoking to a more benefitting role.

### *About the Author*

VALERIE AUSTIN is now practising in London's Harley Street. Austin offers a variety of hypnotherapy programmes to assist people to quit smoking, lose weight and reduce stress. Austin Technique has recorded an extremely impressive 95% success rate. Her method was televised in 1993 in UK on National Stop Smoking day. In 1994 the Health Minister of Malaysia gave her his personal approval and support on her Technique as a valuable tool in combating the dangers of smoking.

Austin currently has published two successful books, *Slim While You Sleep* and *Self Hynopsis* and a latest on relationship published in November 1996.

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