

1. Record Nr.	UNINA9910163893203321
Autore	McKenna Paul <1963->
Titolo	Quit smoking today without gaining weight / / Paul McKenna, Ph.D. ; edited by Michael Neill
Pubbl/distr/stampa	Carlsbad, California : , : Hay House, Inc., , 2016 ©2016
ISBN	1-4019-4912-6
Descrizione fisica	1 online resource (73 pages) : illustrations
Classificazione	SEL026010SEL000000SEL017000
Disciplina	616.86/506
Soggetti	Smoking cessation Weight loss Tobacco - Physiological effect
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"With free downloadable audio session"--Cover. Includes index.
Sommario/riassunto	"Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Are you worried about how smoking is damaging your health? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? Then let Paul McKenna help you! Millions of Americans want to quit smoking, but have tried and failed. Paul McKenna, Ph.D., offers an easy-to-follow system that has already helped people all over the planet to quit. The scientific research is overwhelming--hypnosis is extremely successful in helping people quit smoking for good! Dr. McKenna's amazing weight-loss system has helped over a million people all over the world lose weight and keep it off. Now he wants to help you quit smoking without gaining weight, using the unique approach he's developed over the past three decades. Through the simple psychological conditioning techniques revealed in this book and the guided hypnosis download included, you can retrain your mind and body so that you no longer need cigarettes and actually feel better without them. Better still, you're highly unlikely to gain weight in the process! An amazing 97 percent of the people who've given up

cigarettes using Dr. McKenna's program have done so without putting on extra pounds. Already an international bestseller, Quit Smoking Today Without Gaining Weight has helped people all over the world to change their lives. It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes forever"--

2. Record Nr.	UNINA9910148812903321
Autore	Regenbogen L.S
Titolo	Diseases Affecting the Eye and the Kidney // editors, L.S. Regenbogen, H.E. Eliahou
Pubbl/distr/stampa	Basel : , : S. Karger, , 1993
ISBN	9783318046366 3318046361
Edizione	[1st ed.]
Descrizione fisica	1 online resource (XVIII + 458 pages) : : 124 figures, 21 tables
Altri autori (Persone)	RegenbogenLucian S EliahouHaskel E
Disciplina	617.7/1
Soggetti	Pathology Nephrology Ophthalmology Diabetes Embryology Genetics Gerontology / Geriatrics Hematology Immunology Infectious Diseases Internal Medicine Metabolic Diseases Metabolism Neurology Nursing Pediatrics
Lingua di pubblicazione	Inglese

Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	'... this book is a gem that will be of great practical use to the consulting ophthalmologist and warrants a place next to the other available texts dealing with the eye in systemic disease.' American Journal of Ophthalmology ...' succeeds in achieving its principal goal - crossing interdisciplinary boundaries - and, anyway, it fills a niche in the literature on Nephrology and Ophthalmology. Acta Clinica Belgica