

Embedded Messages in the Non-Smoker's Subliminal Download

- 1) I choose to be a non-smoker and I am now healthy
 - 2) I feel more healthy and stronger each day I am a non-smoker
 - 3) I enjoy freedom from nicotine and all its side effects
 - 4) Being smoke-free is having a positive impact on every area of my life
 - 5) I wake up feeling more energized than ever before
 - 6) I am addiction-free and feel great
 - 7) I feel strong and powerful as a non-smoker
 - 8) I am enjoying my new feelings of energy and vitality
 - 9) Being a non-smoker is easy for me
 - 10) I look and feel more healthy each day
 - 11) I enjoy knowing my lungs are healthy
 - 12) I am a great success at conquering the urge to smoke
 - 13) I am a non-smoker and I feel great
 - 14) I find the tools I need to help me
 - 15) I am in control of my body
 - 16) I enjoy breathing clean, fresh air
 - 17) I always do what is truly best for me, in every area of my life
 - 18) My lungs feel healthier every day
 - 19) I see myself as a non-smoker
 - 20) I am able to achieve any goal that I set for myself
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- 21) You choose to be a non-smoker and you are now healthy
 - 22) You feel more healthy and stronger each day you are a non-smoker
 - 23) You enjoy freedom from nicotine and all its side effects
 - 24) Being smoke-free is having a positive impact on every area of your life
 - 25) You wake up feeling more energized than ever before
 - 26) You are addiction-free and feel great
 - 27) You feel strong and powerful as a non-smoker
 - 28) You are enjoying your new feelings of energy and vitality
 - 29) Being a non-smoker is easy for you
 - 30) You look and feel more healthy each day
 - 31) You enjoy knowing your lungs are healthy
 - 32) You are a great success at conquering the urge to smoke
 - 33) You are a non-smoker and you feel great
 - 34) You find the tools you need to help yourself
 - 35) You are in control of your body
 - 36) You enjoy breathing clean, fresh air
 - 37) You always do what is truly best for yourself, in every area of your life
 - 38) Your lungs feel healthier every day
 - 39) You see yourself as a non-smoker
 - 40) You are able to achieve any goal that you set for yourself