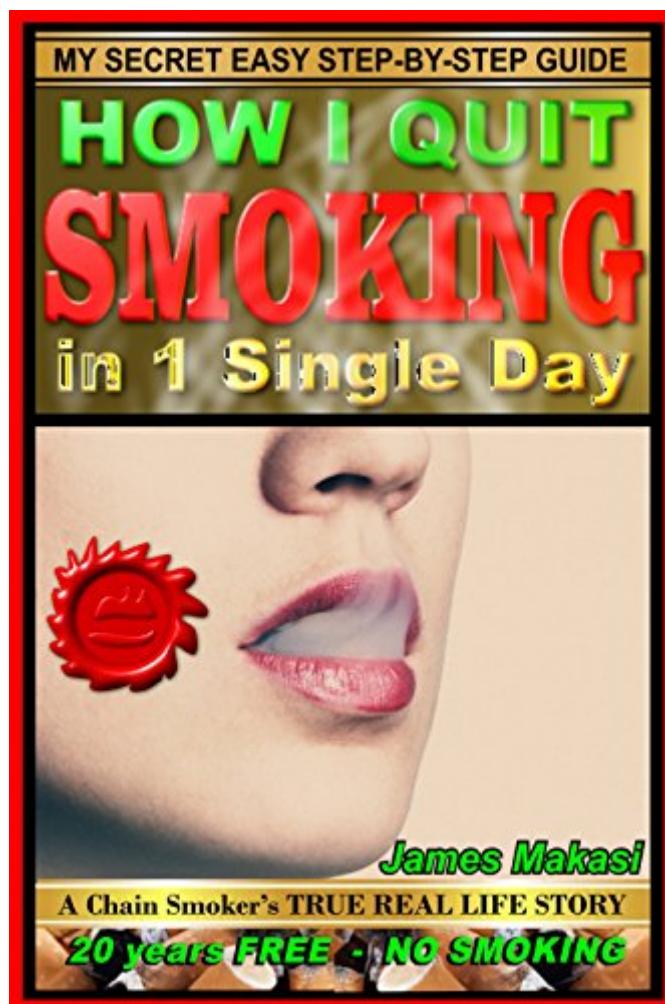


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# How I Quit Smoking In 1 Single Day: A Chain Smoker's True Real Life Story (Stop Smoking)



## Synopsis

Do you feel powerless, distressed, incapable of overcoming the urge to light a cigarette? Have you heard about this method which has helped this writer to magically kick the habit of lighting 50 cigarettes a day in a single Day? ? " You should read this book in which the writer shares his remarkable and safe method. He believes in sharing with you his revolutionary way of overcoming this nicotine habit. He shows you how to stop feeling powerless, alienated and dejected because you can't stop smoking. He explains convincingly why you can't be left behind and why you shouldn't miss out in becoming cured of this tobacco habit and lead a healthy, fit lifestyle. The secret way is revealed in this book as the writer takes you on a journey and tells you what no one else tells you. It is a convincing, startling and compelling read. You will stop feeling trapped, doomed, incompetent and fatigued by your failure to give up smoking. The book offers you a quick, safe and remarkable solution to instantly improve your life and be happy. This book sets out to help you get results. Written in an easy to follow step-by-step style, this self-help book makes you want to end your smoking career now for good, and be on your way to recovery, for life. With this method, the desire for a quick smoke will soon become a thing of the past...your self-esteem, inspirational self will encourage you to follow a good diet. " It is not important now why I was smoking 50 cigarettes in a single day, nor does it matter as to why I decided to give up my habit of lighting cigarettes. What matters most is how I managed to free myself from this nicotine bondage for life. I am now a non-smoker. In twenty years I have not touched a single cigarette! " You will (like the author promises) be able to: Stop abuse of tobacco in one day, and free yourself for life Stop smoking by learning the easy way Stop depending on a life-threatening drug and change your lifestyle Start living a happy and healthy life without stress Start a new hobby you enjoy and end up excelling in it. (The writer took up the martial arts sport and obtained a black belt!) Set yourself free from the hazards of tobacco smoke, detox and be fit and healthy again This book approaches the challenges of smoking in a very unique way, as the writer shows how he took a different look at smoking and ended up kicking the habit in just 24 hours! NO magic, no fancy stuff. Just plain and straight forward natural approach to transforming himself from being a junkie to a fitness fanatic. All in a good self-reproachful way. By giving up, using this easy way you will. Nicotine is an addiction which robs you of your life if you don't stop. Take this bold step and change your life for the better. Read this personal account from someone who years ago didn't hesitate to go through fifty sigs daily. " Believe it or not this simple secret method did wonders for me. You know what; I haven't touched a cigarette in 20 years! Yes, twenty tobacco-free years! Read how I went from smoking 50 cigarettes a day to smoking nothing, none - zero cigarettes! No patches, no gum,

nothing. My secret but very simple method lies inside this book. After 20 years without craving for a smoke, I have decided to share it all with you in this book. With my secret proven method you will be cigarette-free for life. Yes, it only takes One Day! One day, and you're done with smoking for good. Just follow my easy steps and join me in a smoke free life! ☺

## Book Information

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## Customer Reviews

I loved this book!! It gave me the reality check and kick in the butt (pardon the pun) that I needed. I quit the day after I finished the book. Now I read a few pages each morning to keep me focused and committed to my quit! It also has lots of humor and is a quick read..totally written from a true former smokers perspective!

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