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# Quit Smoking Now And Forever: Methods To Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods To Quit Smoking, Healthier Life)



## Synopsis

Discover How to Quit Smoking Now and Forever This book has actionable information that will help you to quit smoking for good. Smoking is perhaps one of the most destructive legally acceptable habits that anyone could hook themselves into and unfortunately, once hooked, unhooking yourself is never easy. If you are reading this, I know you are perhaps at fed up with smoking and want to change your ways. What started as an innocent cool way to have fun has morphed into something you feel trapped by and are totally dependent on and you are not proud of it. In this book, you shall find 5 non-traditional, yet powerful techniques that shall help you quit smoking. The strategies we shall discuss do not involve going to rehab or attending an addictsâ™ anonymous program. Through these 5 ways, you can easily quit smoking in your own time and on your own terms too. Start overcoming your smoking addiction today by downloading this book for only \$0.99!

## Book Information

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## Customer Reviews

If you want to quit, this is the book for you. Five powerful techniques that shall help you quit smoking are much appreciated. Tried everything and smoked for around 10 years. Excited now to quit for good.

Very detailed book lays out so much information about quitting this habit. Easy to understand how the addictions start and how it affects your body. Also goes into the common excuses smokers use...Guilty! Can't wait to put it to good use. The methods of quitting recommended in this book are so helpful.

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Addiction Recovery: How To Finally Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy Sports, Poker) Gambling:Overcoming Gambling Addiction-The Ultimate Blueprint To Escape Compulsive Gambling Addiction Forever! (Gambling Addiction,Gambling,Compulsive Gambling,Roulette,Gambling Systems) Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology and Addiction Medicine Opiate Addiction - How to detox from Opiates (How to Get Off Opiates): SHORT READS - Signs of opiate addiction, Symptoms of opiate use, Signs of opiate ... prescription drugs abuse, heroin addiction)

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