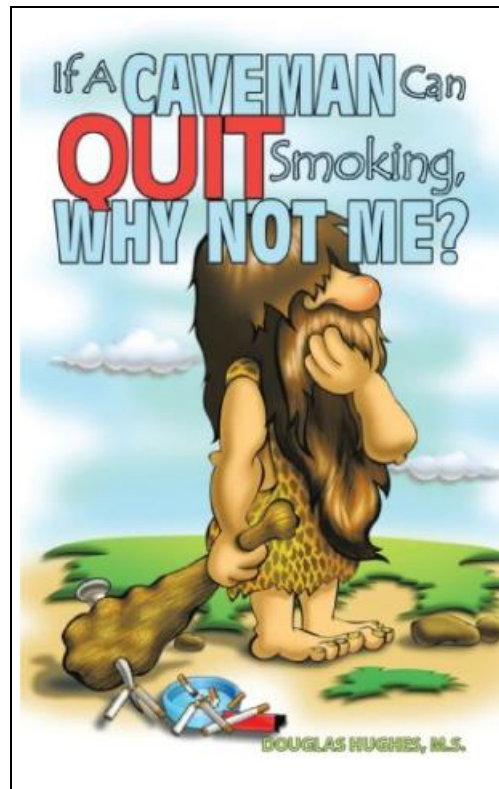


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Reviews

An incredibly awesome publication with perfect and lucid reasons. It can be written in simple phrases and not confusing. I am just delighted to let you know that this is actually the very best publication I actually have studied during my very own lifestyle and could be the best publication for actually.

(Paula Gutkowski)

IF A CAVEMAN CAN QUIT SMOKING, WHY NOT ME? (PAPERBACK)



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AUTHORHOUSE, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Without a doubt this is one of the most comprehensive self-help books on the market today. It s not just another how-to-quit smoking manual. As tobacco prices continue to escalate, now is time to seriously consider breaking this cycle of addiction. In this book, Douglas uses a variety of familiar anecdotes to teach, admonish, and to persuade his readers that they can tailor a practical plan for quitting. His clear, descriptive language and candid storytelling will entice you to read the book in its entirety. Further, he introduces a proven strategy which you will find both useful and trustworthy. The information is both factual and credible, and his method for quitting is duplicable. Without bias, he describes a variety of cessation options for the smoker. However, his main focus is employing the cold turkey method for quitting the habit of smoking. This method not only saves you money, but it also minimizes the amount of psychological and physical discomfort associated with withdrawal and abstinence. The book builds on the premise: to successfully QUIT SMOKING you must STOP THINKING about it.



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