Stop Smoking Forever

BOOK DETAILS

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BOOK SYNOPSIS

We have compiled materials from leading addiction specialists and books to give you this eBook, which discusses all you need to know about breaking the habit. Read on to understand how you can fight that little nagging voice in your brain that is keeping you from quitting smoking. This amazing eBook presents guidelines that are easy to follow as well as action tasks that will help you break free from the chains of nicotine addiction. If you are determined and truly serious about kicking the smoking habit, then you'll find this eBook to be exactly what you need. By using this eBook you will learn to: Chapter 1: Understanding the Addiction Chapter 2: Risks of Smoking Chapter 3: How to Quit Smoking Chapter 4: Dealing with the Unique Challenges of Quitting Chapter 5: Pregnancy and Smoking Chapter 6: Helping Others Quit the Habit Chapter 7: Staying Smoke-Free Read it now and change your life! You can also give it to a smoker whom you care about.

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