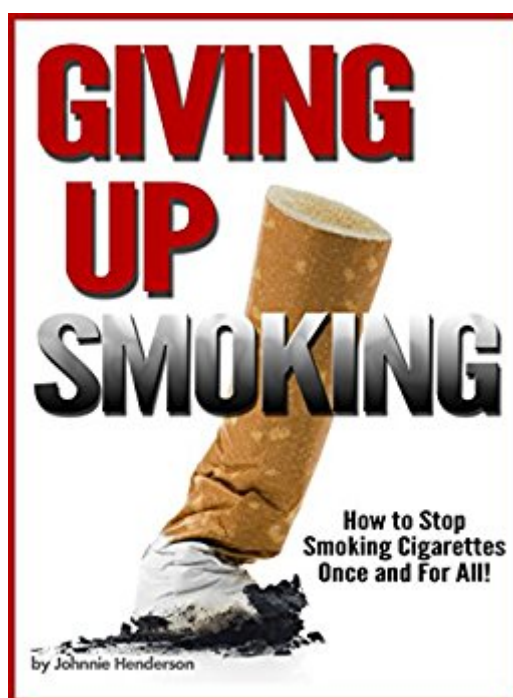


The book was found

Giving Up Smoking: How To Stop Smoking Cigarettes Once And For All!



Synopsis

If you want a straightforward guide to help you give up cigarettes for good, then this book is for you! Today only, get this incredibly useful guide for only \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Smoking is one of the leading causes of preventable death in the world today. In the United States alone, hundreds of thousands of smoking-related deaths occur each year. By referring to diseases caused by smoking, for example lung cancer, heart disease, and emphysema, just to name a few. Furthermore, research has proven that if smoking doesn't outright kill you, it does significantly reduce your life expectancy. Simply put, these are the harsh realities that come with smoking. But you already knew this, didn't you? Problem is, most smokers find it extremely hard to quit the habit, and for good reason. The nicotine chemical in tobacco is highly addictive, and it takes more than an e-cigarette and a determined mind to push through to the other side of such an addiction. Regardless of the quitting method you choose, the end goal is to get rid of the bad habit, once and for all. This ebook will explain exactly how you can do that, and it will describe in detail the necessary steps that you must take in order to free yourself from smoking. The good news is, you can be a permanent non-smoker in just a matter of weeks. Let's get started!

Here Is A Preview Of What You'll Learn...

- Crafting a Plan & the 4-step PILT Process
- Identifying Smoking Triggers
- Using Medication (Nicotine Replacement Therapy)
- How to Reduce Stress
- Stopping Cold Turkey

Much, much more!

Download your copy today!

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Customer Reviews

"Smoking is injurious to health" or "Smoking kills". We often see these captions on the label of cigarettes packs. Still, we do smoke. We hear thousands of people died because of smoking related diseases. Still, we smoke. We find quitting smoking is extremely hard. Nicotine is one of the most addictive substances in the world, so quitting is not easy. This book really helps us to quit smoking for ever and it explains in detail necessary steps that we must take to quit this bad habit within few weeks. Author has explained various comprehensive methods to replace usage nicotine in our life.

For smokers who have tried to quit smoking many times and they failed every time they try to do so, this book will first describe to you the problem and why it is not easy to quit and what makes it that hard. After knowing the problem and identifying it well the book will provide you a clear applicable plan to follow if you really want to quit. I recommend this book to all smokers even those who are not considering to quit at this time just reading this book will show you the way so when you decide it is time to do it then you already know the way and the plan.

Gives a systematic approach to quitting and offered a number of methods (5 to be exact) to choose from so you have other options should one method don't work for you, or just simply choose whichever way you like. Help is on the way through this book. The author didn't come short of additional information for each method, like what to expect during the process so you can prepare yourself for it and plan accordingly. He also acknowledges that a quitter can have some slip ups and didn't lack the encouragement to motivate the quitter to continue. Helpful read.

A brilliant book. Personally, I'm not a smoker but most of my relatives and friends are. I know that many people have given up smoking. I believe that the system outlined in the book will work. It

seems to me like a sound plan to get rid of this bad and unhealthy habit. I will definitely apply all the steps from the book to my friends.

I have tried everything like most people. Henderson gives a fresh look at an old problem here. Worth a read.

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