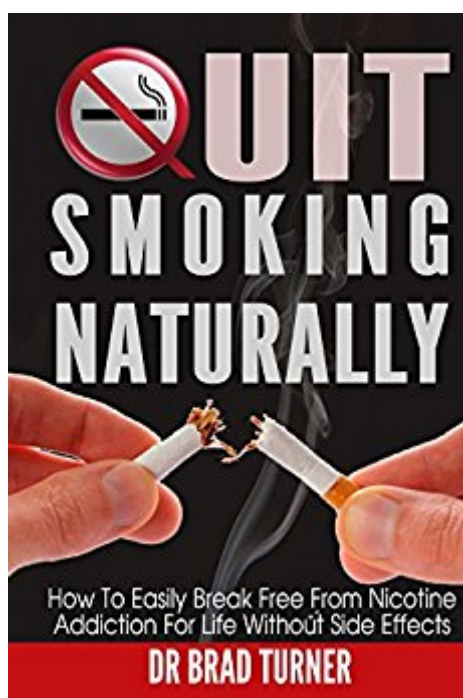


The book was found

Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer)



Synopsis

Quit Smoking Naturally On every literary corner, there's an expert on how to quit smoking. But very few of their theories stick. Every day the weary smoker is inspired to quit, only to have his/her hopes dashed yet again. Quit Smoking Naturally is the book that may set everyone free! The genius of this book is the straightforward approach and authentic voice that provides the facts, dispels the fallacies and motivates the smoker to do what they've never done before "succeed at quitting!". Here Is A Preview Of What You'll Learn...The Hazards of smoking Why you should quit How to create a plan to stop smoking How to identify what triggers your smoking How to deal With withdrawal symptoms How to manage your cravings How to deal with weight gain and other side effects Readers say....."I would never thought that it is possible to quit smoking without any therapy, drugs or nicotine substitute. This book opened my eyes to the possibility of actually quitting smoking in a natural and healthy way. Author gives a full description of step by step way of getting out of the addiction as well as the disclosure of the essence of this nasty addiction. I feel that I can fight off smoking all by myself and do it for life.".....Andreas "I found this book to be insightful and realistic. It provided exactly what it says it will, while also giving me information about all of the other terrible side effects of smoking that I wasn't even aware of! Great investment"serena misquez "Ending smoking can be difficult for many folks, but not if you follow a solid method. Although I don't smoke, I found this guide to provide many good tips on quitting smoking naturally".....Lyndsay Get Your Copy Now! Tags: Cancer Heart disease, Tobacco Addiction , Diet Habit, Cure Stress

Book Information

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Store > Kindle Short Reads > 45 minutes (22-32 pages) > Health, Fitness & Dieting

Customer Reviews

Like how this book doesn't talk about how easy it is to quit. It lays it all out there. It's hard and your going to war with your mind. Talks about putting a plan together. Quick read with a lot of information.

This book helped me to cut down and finally quit the nasty habit that has plagued my life for years. I never thought I'd be able to put cigarettes down, but this book not only showed me what I was doing to my body, but how I could quit in the easiest way possible. This book I would say is essential to anyone who wants to give up the smoke but needs a little jump start and motivation.

If you have tried to quit smoking without success you need to try the natural methods recommended in this book. I have tried so many times but nothing seemed to last. So far so good with Dr. Turners advice. Highly recommended. Save money by buying this book instead of buying Nicorette or a quit smoking patch. Try these natural methods first.

Good information, easy to read. Straight forward of all things that can happen! I keeo telling myself i can do it, but somedays it seems overwhelming. This really did a good job of breaking down exactly why and how.

This addresses most concerns in quoting and gives helpful tips to overcome. Helps to have a note pad next to you to take notes and make this more real.

I loved all the information that tells about side-effects when you quit.

If you're looking for info to help quit smoking you've definitely have found it. "Quit Smoking Naturally" is loaded with tips, ideas and strategies to help you quit smoking safely and effectively - Thanks!

I found this book to be insightful and realistic. It provided exactly what it says it will, while also giving me information about all of the other terrible side effects of smoking that I wasn't even aware of!
Great investment.

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