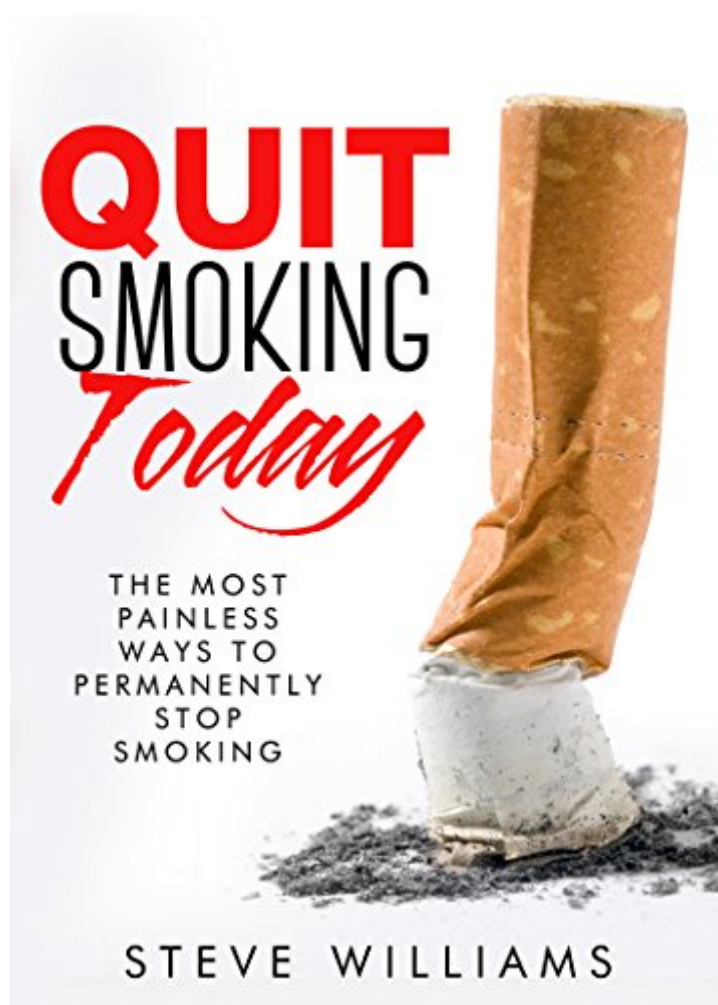


The book was found

Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction)



Synopsis

****FREE BONUS INSIDE AT THE END**** Are You Ready To Finally Quit Smoking After Years Of Trying? Quitting smoking is one of the best things you can do for yourself, and for those that are important to you. I say this having been a smoker myself for a large part of my life. Not only will you feel better than you have in years, but you will also be saving your family from the pain and suffering of losing a loved one too soon. Studies say that smoking will shorten your life expectancy by an average of 14 years. Do you really want to lose that much of your life over smoking? The truth of the matter is that you can quit. With the right techniques and strategies quitting will be easy. The largest hurdle to get over is simply deciding that you want to quit for good and sticking to it. It will be tough, but with enough determination and will power you can absolutely quit smoking. Here Is A Preview Of What You'll Learn • 5 Different Self Help Techniques • How To Deal With Cravings • 3 Professional Methods To Utilize • What Doesn't Work • How To Prevent A Relapse • Much, much more! Buy this book and quit smoking today!

Book Information

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Customer Reviews

Success where all other methods failed. I enrolled in employer and insurance company provided programs that were just *lame* - clearly controlled by people who never smoked. I read this book but didn't quite follow the instructions. Looking back, it seems best described that I took several running starts before jumping into the quit - but once I did throw away the last pack with full intent of quitting, well, it was the last pack. I've got about 45 days now and still occasionally feel an urge to get some nicotine, but my head is still winning thanks to Steve Williams's book. (I agree with the book - do NOT use a nicotine replacement - whether ecig or gum or inhaler, the nicotine is still an addiction.)

This book works. If you are truly ready to stop smoking, and you need that little extra 'nudge' to get you in the right direction. I read this book in a day. I haven't smoked since. I know I won't start again. This book helped me change my perspective. I smoked for over 20 years. I am 37 now, and like everyone who smokes, have 'quit' hundreds of times. This book showed me once and for all, that instead of 'giving up' something that I really want to do, I am finally able to stop doing something that is in no way making my life better (In fact, smoking makes it worse). It sounds obvious, but if you smoke, you know what I mean. I would recommend this for someone who REALLY wants to quit and needs help getting started.

This is a book that may have been written in 3 hours. You won't find anything here you can't get for free by using Google. Not even motivation. Don't waste your money.

Smoking by Steve Willims has lot of valuable information in it. Smoking isn't an easy thing to do, but I was able to quit and boy did it change my life quick. I suddenly started being able to breathe easier, I smelled better (which the ladies love btw) and I was able to save some money which is great. If I can quit with this book as my motivation than so can you!

What I found to be the most helpful about this book is that it touches on how to deal with the cravings. That has always been the toughest part about quitting for me is the constant cravings once you stop smoking. Learning how to deal with that has been life changing. Recommend to anyone who struggles with cravings in particular!

It was about time for me to finally make the right decision and stop this dirty habit of mine. This book was the reason i decided to throw my ciggarette pack out for good.

this book lists all the different ways there are to quit smoking and why. Then explains how to go about doing it all.

I quit smoking a while ago so I know how hard it is and a friend told me he quit with this book. I have another friend who had a horrible time quitting smoking. She would smoke, run the pack under water, then go to the store the next day to begin the cycle all over again. I sent her this book hoping it would provide even a little relief. I will tell you she is not a positive thinker, she doesn't believe anything at face value, and she was convinced this would not work but she was willing to give anything a try. She texted me as she was reading and I was shocked to hear that her anxiety had lifted, she felt more hopeful, and by the end, she had QUIT!!! I couldn't believe it! I've bought this for a few more friends so we'll see how they do. Amazing!

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