



Quit Smoking and Be Free: 7 Steps to a Smoke Free Life

By Gudjon Bergmann

Createspace, United States, 2011. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book. If your plans to quit smoking haven't been working, why not try this proven seven step plan? You can really quit smoking and be free! This seven step manual costs less than most cigarette packs. Even if you only quit for one day, you can't lose. The manual is short, simple and easy-to-follow. It deals with preparation, nicotine withdrawal and mind-over-matter methods needed to create a life without tobacco. The author, an ex-smoker himself, dedicated ten years of his life to running effective smoking cessation seminars and helped thousands of people to quit smoking. He has also lectured extensively on tobacco prevention for youth and cancer groups.

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