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How to Stop Smoking Forever! Rob Simone, 2008-02-10 How To Stop Smoking Forever Why Is It So Hard to Quit Smoking Mark Twain said Quitting smoking is easy I ve done it a thousand times Maybe you ve tried to guit too Why is quitting and staying guit hard for so many people The answer is nicotine NicotineOver time a person becomes physically and emotionally addicted to or dependent on nicotine Studies have shown that smokers must deal with both the physical and psychological dependence to be successful at guitting and staying guit This book works Author Rob Simone is a radio host and contributing writer for HealthSenate com a leading online source for health and wellness information services and How to Stop Smoking Forever Stephen Batt, 2020-05-05 Why I That's It, I Quit Dean Giannone, 2003-09-14 products Wrote This BookI used to be a smoker I smoked about 20 cigarettes a day for almost 20 years If I went out for a few drinks that d climb to about 30 or 40 Sometimes I d wake up coughing and I d have a cigarette before getting out of bed I didn t think I d ever learn how to stop smoking forever But I did I stopped smoking 15 years before writing this book One day a friend asked me how I stopped That started an in depth conversation and a serious evaluation of the differences between all the times I d tried to give up smoking but failed and the time I actually stopped smoking forever I know for certain that I ll never smoke again And I knew it straight away the last time I gave up I knew it because my thought process was different that time It was the real thing Now I ve developed that process into a technique that I believe will work for all adult smokers It worked for me It can work for you too This book is not for teenagers They know they re bulletproof and the future isn t really real And it s not for people who don't really want to give up It's for adults who genuinely want to guit It's not a fun book But it should lead to a very happy ending Stephen Batt Kick the Habit Kimberly C Weber, 2023-08-05 Welcome to the smoke free zone where we will embark on an uplifting adventure to free ourselves from the shackles of smoking You ve come to the correct place if you re looking for a simple approach to quitting smoking forever We understand that quitting might be difficult but don't worry we have the best guide to make it easier than ever Consider this a life free of cigarette cravings a future full of increased health and vitality and the ability to breathe freely Everything is within your grasp and we re here to show you how No more wallowing in the grip of nicotine addiction it s time to reclaim control of your life We believe that quitting smoking should be a celebration of empowerment rather than a source of hardship Our appealing advice and practical strategies will have you confidently saying goodbye to cigarettes and embracing a smoke free life like you ve never done before We re here to help you every step of the journey whether you ve tried to guit before or this is your first time Say goodbye to the smoky past and hello to a brighter healthier future Our simple method will provide you with coping tactics mindfulness practices and the ability to conquer any difficulties in your path Well experience the ups and downs of the guit smoking road together celebrating each milestone reached So are you ready to ignite the flames of a healthier smoke free future Join us as we reveal the secrets to successfully quitting smoking and transforming your life We ll make the

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