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Ltd.,2006-12-26 Giving up smoking is one of the hardest things to do This handy sized book contains all the information you need to find a method that works for you This guide explains the many different techniques for giving up from simple willpower and ways to strengthen it through Allen Carr s Easy Way to Tibetan breathing exercises and the Quit Smoking Diet Each method is explained simply and clearly allowing you to see whether it might work for you It also allows you to combine methods There are also tips for staying on track and advice for creating an all round healthy lifestyle where cigarettes are just a distant memory

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