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# **Stop Smoking: Now!! Stop Smoking The Easy Way!: Bonus Chapter On The Electronic Cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop)**





## Synopsis

Itâ™s time to Stop Smoking To stop smoking is not hard. If youâ™re among the millions of people who have tried it before and failed, you are simply quitting smoking the wrong way! This book will show you the right way! Stop Smoking! Stop Smoking the EASY Way Stop Smoking: NOW!! will guide you step-by-step through everything you need to stop smoking, take back your lungs, and maybe even save your life. In this book, you will learnâ|Facts about cigarettes and why there should be no doubt in your mind that making the choice to stop smoking is the right choice Commercial quitting methods -- what works, what doesnâ™t, and why! Natural strategies and their effectiveness The truth about electronic cigarettes A step-by-step method to how to stop smoking How women can quit smoking without gaining weight! BUT thatâ™s not all. Stop Smoking NOW!! will let you in on my own personal SECRET to quitting for good! Are you ready to take control of your health and stop being a slave to cigarettes? Do you want an easy way to stop smoking without gaining weight? If you said yes, get this book NOW to stop smoking the EASY way!

## Book Information

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## Customer Reviews

I bought this book for my girlfriend who is currently trying to give up smoking; it contains some useful tips that even me as a non smoker can understand, and the authors personal secret at the

end made me laugh and is basically exactly what she is doing now! Some times you need to see someone else do/ write about it for it to hit home. Fingers crossed I hope it works as it really is a terrible habit.

This book has got great tips to help you kick your bad smoking habit for good! I wasn't even completely aware of all the dangers associated with smoking so this book has definitely been very informative for me. I feel great about my decision to quit and am giving to use the tips in this book to help keep me cigarette free forever!

It's helped her already, because it's very comprehensive and helped her see that she needs help to quit, she can't do it by sheer will power. It's a psychological habit as much as a physical addiction, but it must be done incrementally, one step at a time. Very helpful if you apply the information this book offers.

I'm doing my own research on how I can have y husband quit smoking. He's too stubborn. The book provides for good information. Nothing ground breaking. I might have to sedate my husband and just get him hypnotized.

So bad! TRY OTHER BOOKS!

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