



Quit Cannabis (Paperback)

By Jan Copeland

Allen Unwin, Australia, 2015. Paperback. Condition: New. Main. Language: English . Brand New Book. Do you feel you re losing focus and concentration? Is weed taking a toll on your relationships? Is it taking over your life? The longer you have used marijuana, the harder it is to quit. Maybe, like many others, you have experienced anxiety, sleeplessness and strong cravings when you ve tried coming off it. This ground-breaking guide is based on the experience of hundreds of users. It cuts through the folklore surrounding marijuana to reveal the truth about its impact on your health and how to quit for good. The expert author team, based at a specialist cannabis management clinic, provides practical tools for getting free from pot for the long term. You will find real-life case studies of former users who ve regained control of their life, together with proven strategies for managing withdrawal symptoms. The team also shows how to help a relative or friend come off the drug. If you are serious about quitting cannabis, this is the one book you must read. A compassionate and practical road map to help navigate and avoid the pitfalls and consequences of marijuana use. Highly recommended....



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Reviews

This is an remarkable publication that I have ever read. Indeed, it is actually engage in, nevertheless an interesting and amazing literature. I am just happy to inform you that this is the best publication i have got go through during my personal lifestyle and may be he finest ebook for actually.

-- **Toby Baumbach**

This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.

-- **Howell Reichel**

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