



Simple Principles to Quit Smoking (Paperback)

By Alex A. Lluch

WS Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book. The American Cancer Society reports that there are more than 45 million smokers in the U.S. Quitting smoking is difficult, but the frightening truth is, about half of all smokers who continue to smoke will end up dying from a smoking-related illness. That s why this book is an invaluable resource for anyone who wants the tools, tips, and tricks to quitting smoking and staying smoke-free, once and for all. Simple Principles(TM) to Quit Smoking addresses this issue from every angle, including developing willpower, handling withdrawals, addressing the fears associated with quitting, dealing with stress without cigarettes, eating a non-smoking diet, dealing with setbacks, and, most important, remaining smoke-free for life. Finally, this book offers helpful behavior-modification exercises, activities to replace a smoke break, as well as a list of foods and vitamins that can help people quit smoking. The 200 simple tips and tools readers learn in this book will allow them to enjoy the benefits of a non-smoking lifestyle, including health, happiness, and a longer life.



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