



Quit Smoking.Got Side Effects?: 15 Remedies 131 Tips to Overcome the Discomfort and Pain of Quitting Smoking (Black and White Version) (Paperback)

By Lela Bryan

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The first thing that most people do when they quit smoking is run to the doctor or emergency room and take all kinds of expensive tests just to have the doctor tell them that everything is fine, and the tests came out normal. Use Quit Smoking.Got Side Effects? as a reference guide to learn why you are having the symptoms, how long they will last and learn about natural, inexpensive remedies, so you don t have to suffer. Here s What s Inside: These remedies and tips will help you overcome almost every known side effect of quitting smoking that will save you time and money, as well as actually give you relief. -15 Proven Remedies -PLUS, 131 Tips There are hundreds of side effects covered in the book, but this is an overview of the list of side effects you may suffer from Digestive Difficulties Changes in Emotions Circulation Side Effects Sleep Changes Breathing Weight Changes Skin Changes Other Side Effects READ WHAT OTHERS HAVE TO SAY ABOUT THE BOOK: What an in-depth book loaded with helpful remedies that have...



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