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# Smoking: Stop Smoking For Life! - The Easiest Way To Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco)

**STOP SMOKING  
FOR LIFE!**

The Easiest Way to Finally Quit  
Your Smoking Addiction



## Synopsis

Learn Today How To Really Stop Smoking For Life! Today only, get this Kindle bestseller for just \$2.99. Regularly priced at \$5.99. Read on your PC, Mac, smart phone, tablet or Kindle device. Have you ever tried to stop smoking, just to find yourself lighting up that cigarettes again and again? You're about to discover a proven and successful strategy to overcome your smoking addiction for the rest of your life. This book will give you the best strategies you need to learn to finally quit your smoking addiction. There is no denying that smoking has a terrible effect on the human body. Almost every single organ of the body can be affected in a harmful way with the continuous consumption of cigarettes. Although the overall consumption of cigarettes is experiencing a decrease in recent years, there are still those who keep on lighting up sticks and smoking. The reason for this may be due to addiction. In this book, you will gain a further understanding of what cigarette smoking can do to you, and will also provide you a carefully laid-out plan on how you can get yourself out of your addiction to live a healthy life. If you're really committed to quit your smoking habit and it's a MUST in your life to give up this addiction, this book was written for you! Here Is A Preview Of What You'll Learn... How To Recognize Your Smoking Problem Benefits of Quitting Organizing Your Stop Smoking Plan Identifying Your Triggers Coping With Symptoms of Withdrawal Managing Your Cravings How To Prevent A Relapse Maintaining Your Progress Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Tags: stop smoking, quit smoking, smoking addiction, tobacco addiction, cigarette addiction, addiction recovery

## Book Information

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## Customer Reviews

Great book with actionable steps to take to help you stop smoking. Does a good job of explaining the negative (short and long term) side effects of quitting smoking. It also really helps paint a picture of what a smoke free life could look like for you. It really made me want to have that smoke free lifestyle. Book does a good job of breaking down the triggers of smoking and how to handle withdrawal. Although the book was relatively short it was extremely helpful. THANK YOU

Stopping smoking is hard... When I grew up people didn't really know about the health problems and it was socially acceptable, but these days you get treated like an outcast for smoking. I don't know why young kids get started but the sooner you stop the easier it is. This book has a good stop smoking plan that recognizes the triggers to help break the habits as much as the addiction. Also good advice on coping with the withdrawal symptoms. I know it's tempting to replace cigarettes with food but that can lead to other problems. I think this is why young girls struggle to quit because they fear putting on weight. There are always options and making the smart choices makes it easier in the long run. We all know smoking is bad and it's also become incredibly expensive. I'd rather spend the money on a nice holiday in Hawaii every year. I hope this book helps more people quit this year.

Smoking brings with it a multitude of debilitating struggles and it can seem overwhelming and impossible to gain control over. With this book, the reader can expect to learn some crucial information about how to recognize your smoking problem and the various benefits of quitting. More importantly, however, the reader will learn how to actually organize their own smoking plan, how to identify your own personal triggers, how to cope with the feared symptoms of withdrawal and the key to manage your cravings. There is also a great part where the author discusses how to go about preventing a relapse, which is vital. And lastly, you will also be given tips on how to maintain your progress long term.

I just wish I had this book when I stopped smoking some years ago and what a struggle it was. This guide however will help every person who is serious about quitting this habit to do it fairly easy and painless. I myself got this book because I was looking for something to help members in my family to stop polluting the air around me. I was pleasantly surprised how easy it was, with the help of this guide, to convince heavy smokers to quit. You smoke and want to quit? I recommend this book to you.

I just got hold of this book a few mins back and started reading. The book is quite interesting and a bit different from rest of the books out there. The book gives you a solid reason to stop smoking. I never knew it would take 10-15 years to minimize the effects of smoking !! If you don't stop now, it will be too late. In the first part, the book, gives you a long list of benefits that will motivate you to stop smoking. It then talks about the process to stop smoking, identifying the triggers and how to manage your cravings. Recommended.

This is a really useful resource for quitting smoking. Some people think it cannot be done, but this book gives you a handy how-to guide that also acts as your friend, shrink and mentor. I definitely recommend it for anyone with a smoking problem -- or any other addiction problem, as the book's tips can be applied to any other type of addiction.

Having a smoking addiction is a life threatening situation, that you must break at all cost, I like the approach in this book - the book teaches how to devise a plan for smoking cessation and how to stay on course and execute it for success. Great plan!

Smoking: Stop smoking for life was a terrific book. I have been struggling with this addiction for so long and this book had some good information. I have started to implement some of the ideas drawn up from inside this book and it is actually working. So happy! Thanks

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