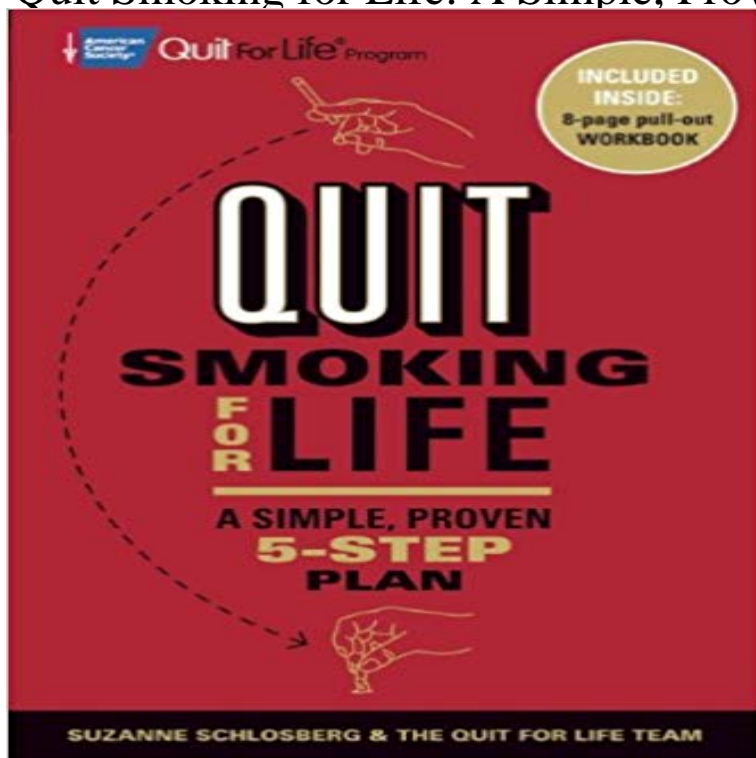


Quit Smoking for Life: A Simple, Proven 5-Step Plan



Based on the techniques used in the nations leading evidence-based tobacco cessation program, Quit Smoking for Life leads readers through a simple, proven method to quit smoking and remain tobacco-free for life. Its full of engaging real stories from ex-smokers more than four hundred thousand of whom have already quit using this method and experienced coaches. The book includes a pull-out quitting plan and workbook and is endorsed by the American Cancer Society. Suzanne Schlosberg is one of the countrys top writers about health, nutrition, and parenting. She is the author or co-author of ten books, including The Ultimate Workout Log, Weight Training for Dummies, and Fitness for Dummies. A former senior editor at Shape, Suzanne has also written regularly for Health, Parenting, Cooking Light, Weight Watchers, Real Simple, Brides, and numerous other magazines.

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