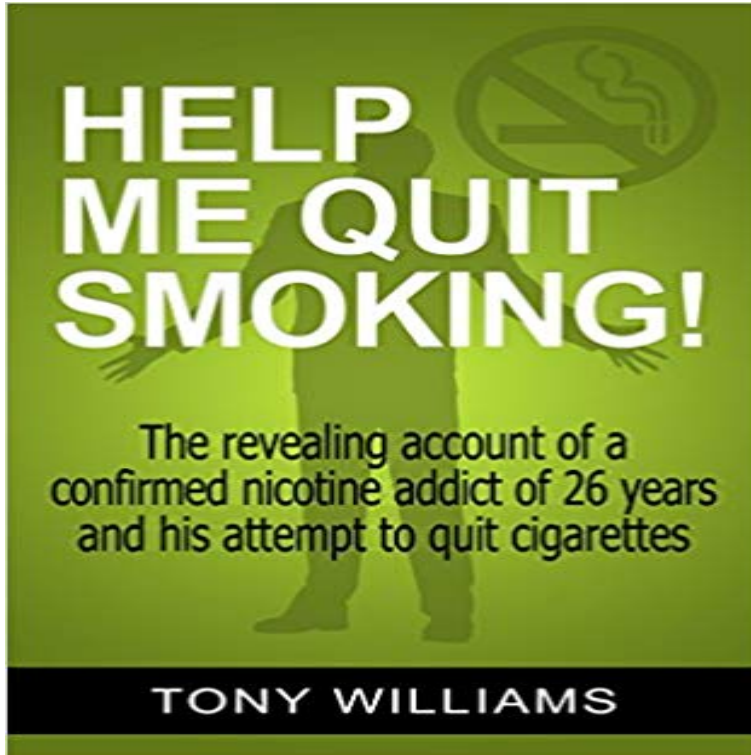


HELP ME QUIT SMOKING!: The Revealing Account of a Confirmed Nicotine Addict of 26 Years and His Attempt To Quit Cigarettes



If you're thinking of quitting smoking cigarettes and want to know what it will be like to quit, or you really want to stop smoking but are frightened of withdrawal symptoms, then the real life experience described in Help Me Quit Smoking! will provide answers. We all know that smoking cigarettes is bad for our health. The evidence is out there. Even passive smoking has been proved to cause lung cancer. Quite aside from the health risks of smoking, the financial cost of a regular cigarette habit is shocking. In fact it is equal to that of running a car or a family holiday. But the prospect of giving up smoking can be scary. You may be wondering how you will do it and what will happen. It can seem like an enormous challenge. Do you have the willpower? Will you get sick? Perhaps you have tried before and failed. Help Me Quit Smoking! is packed with answers and draws on real life personal experience to tell it like it is with no holds barred. Some of the issues covered include: The Myth Of Cigarettes Does Nicotine Replacement Therapy actually work? Replacing The Important Cigarettes How Long Will It Take To Break The Habit? Coping Strategies Life As A Non Smoker This isn't a how to but rather a how it is done based on the genuine real life experience of the author.

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