



Kill the Addiction: Stop Smoking: Without Quitting

By John English

Outskirts Press, United States, 2009. Paperback. Book Condition: New. 230 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.It is estimated that there are 1,300,000,000 smokers.yes, that s 1.3 billion! Half of them will die prematurely of a tobacco-related disease. The numbers for children are horrifying. Half of all children in the world breathe air contaminated by tobacco smoke. One in every four adults is a tobacco addict, and this is the vast population to whom KILL THE ADDICTION is addressed. Using a totally new method, this serious work takes the desperate smoker - the one who wants to quit, has decided to do so, but simply CANNOT do it permanently - through all the necessary steps from nicotine slavery to stopping for life. Did you hear that? FOR LIFE. It all begins with what this method is NOT. Run your eye through that list. Looks familiar? These are the other methods, the ones that do not work for too many smokers. Then you are led through a list of most of the smoking myths.the most common of the many excuses the smoker uses to continue his substance abuse. Following that, the reader is introduced...



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