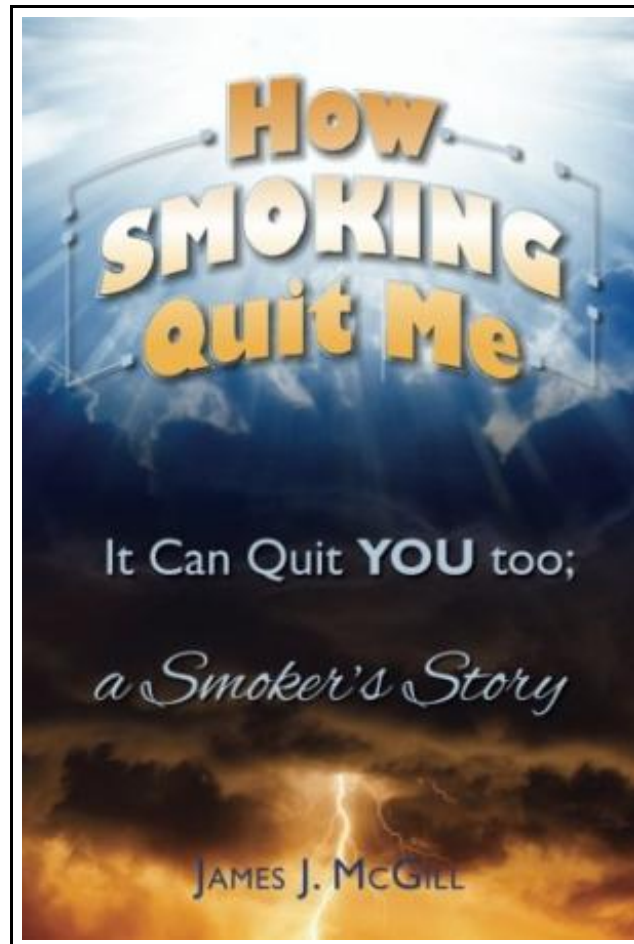


How Smoking Quit Me: It Can Quit You Too; A Smoker s Story



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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.

(Prof. Maya Hand)

HOW SMOKING QUIT ME: IT CAN QUIT YOU TOO; A SMOKER S STORY



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A personal account of how a hopelessly addict smoker with severe health problems got off of smoking and became truly healthy. The book is written as instruction and guidance for those who seek a spiritual and non-drug method to free themselves from tobacco addiction. It defines addiction and nicotine withdrawals as what they truly are; you may be surprised. It shows the relationship between addict and addiction and how a deep wedge is simply formed between the two to setup for success. It answers many questions about quitting tobacco. But above all it provides a spiritual help guide from a man that was unchurched yet demonstrably successful. Meaning that anyone can do this, and the results are unique to the individual, gentle and permanent. It handles all aspects of ridding yourself from addiction to tobacco, even smokeless and the new e-cigarettes. The later being a hi-tech form of nicotine delivery and therefore addiction. The methods and guidance demand the person does NOT struggle. Simply changes in mindset are put forth through tried and true, universal spiritual practice. It is designed specifically to substitute the spirit of addiction for the spirit of a Higher Power according to the understanding of the person reading the book. My story has helped others through an oral account; now in writing in the simplest way I can tell it but still get the spiritual principles across it is available to you. I wrote it with the struggling and desperate addict in mind.



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