



How I Quit Smoking in 31 Days After Smoking for 32 Years

By Jr. Michael T Petro

Petro Publications, United States, 2012. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.No hype. No fluff. No nonsense. No patches. No gimmicks. Just a simple, proven plan for people who want to quit smoking - for good! In this short, easy-to-read book, the author describes in detail how he quit smoking in 31 days after smoking for 32 years. After following this common sense plan he has remained smoke-free for more than 20 years! He says anyone can quit smoking if they follow this simple plan. Seniors and others who may struggle with small print will enjoy reading the text of this book. The larger, 14 point font was selected, along with 1.5 line spacing. This makes for easy reading for most people, including those who often squint when reading.



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Reviews

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