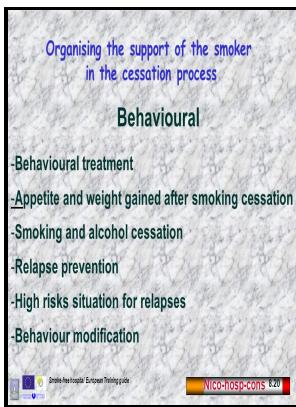


Smoking cessation with weight gain prevention - a group program : facilitator guide

Oxford University Press - Join Freedom From Smoking

Description: -



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North Carolina -- Statistics, Vital -- Research.
Mortality -- North Carolina -- Research.
Women -- North Carolina -- Mortality -- Research.
Occupational mortality -- North Carolina -- Research.
Chaotic behavior in systems
Weight Gain
Psychotherapy, Group -- methods
Overweight -- prevention & control
Adaptation, Psychological
Smoking Cessation -- methods
Group psychotherapy
Obesity -- Prevention
Nicotine addiction -- Treatment
Cigarette smokers -- Rehabilitation
Smoking cessationSmoking cessation with weight gain prevention - a group program : facilitator guide

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Treatments that work
TreatmentsThatWorkSmoking cessation with weight gain prevention - a group program : facilitator guide
Notes: Includes bibliographical references.
This edition was published in 2009



Filesize: 45.68 MB

Tags: #Smoking #Cessation #With #Weight #Gain #Prevention: #Facilitator #Guide

Smoking Cessation with Weight Gain Prevention: Facilitator Guide

Staffed by respiratory therapists and certified tobacco treatment specialists, the Lung HelpLine is available to answer any question — whether you're looking to start a quit smoking attempt, want to learn more about Freedom From Smoking Plus, Group Clinics or The Guide to Help You Quit Smoking, or want telephone counseling from an expert over the course of your journey to quit smoking. There are very few books for mental health workers that teach smoking cessation techniques; almost all of the books on the market are self-help based.

Smoking Cessation with Weight Gain Prevention: Facilitator Guide

For questions on access or troubleshooting, please check our , and if you can't find the answer there, please.

Smoking Cessation with Weight Gain Prevention

Of those that are for the clinician, most are not user-friendly at all, and none discuss the secondary concerns of weight gain.

Smoking Cessation with Weight Gain Prevention

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