

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

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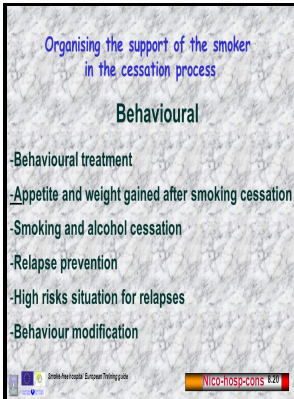
Treatments that work

Treatments That Work  
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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

Please or to access full text content. Freedom From Smoking Plus Quit smoking with the click of a button through the new Freedom From Smoking Plus. This book, like all of the books in Treatments That Work series, involves evidence-based treatment and incorporates the latest research in the field.

## Related Books

- [Li Xian Chengtoushan - xin shi qi shi dai yi zhi fa jue bao gao](#)
- [The 2007-2012 Outlook for Cotton Wrapping, Seine, and Other Twine in India](#)
- [Prison characters drawn from life - with suggestions for prison government](#)
- [Abuse of power](#)
- [Constitution and by-laws as revised by the seventeenth conference, Philadelphia, August 1971.](#)