



Arretez de Fumer Grace a la Loi de L Attraction (Paperback)

By Slavica Bogdanov

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: French . Brand New Book ***** Print on Demand *****.En 2007, a la suite de la mort de mon pere due a un cancer cause par la cigarette, j ai decide d arreter de fumer. Je fumais alors facilement 2 paquets par jour. J avais commence a l age de 17 ans et cela faisait pres de vingt ans que j etais accro. La mort de mon pere a ete un choc. Le voir se desintegrer rapidement devant mes yeux m a fait tres mal. J ai ete traumatise par le fait que l homme que je croyais si fort etait devenu en l espace de quelques courts mois, un etre chetif, sans aucune energie, ne pouvant plus parler. Je me rappelle tout au long de mes annees de fumeuse comme j etais recalcitante a vouloir arreter. Je trouvais toutes les bonnes raisons et refusais de croire que cela pouvait nuire a ma sante ou a celle de ceux qui m entouraient. J ai essaye a plusieurs reprises d arreter mais sans succes. J ai essaye les patches, les pillules, les chewing gums. Rien...



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