

## First Steps Out of Smoking (1st New edition)



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Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, First Steps Out of Smoking (1st New edition), Simon Atkins, If you are a smoker and desire to stop then this short book will help you to overcome the addiction. The cost of smoking is high, in terms of both finance and health: Someone, somewhere, dies of a tobacco-related illness every 8 seconds - whether that is lung cancer, asthma, emphysema or bronchitis. Approaching the subject in a clear, concise, straightforward and heartfelt way, Simon Atkins shows how you can overcome the habit. 'First Steps' is a series of short, affordable self-help on a range of key topics. Other titles in the series include: Anxiety, Bereavement, Depression, Eating Disorders and Gambling.



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