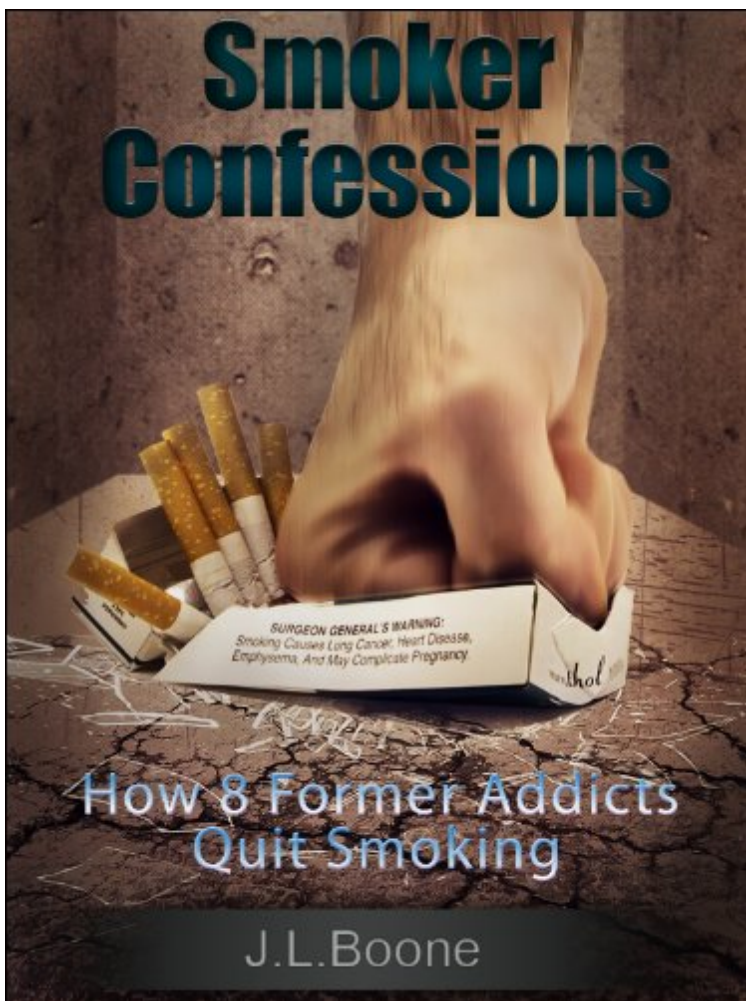


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Smoker Confessions: How 8 Former Addicts Quit Smoking (How To Quit Smoking: Lessons From Quitters Book 1) (English Edition)



Par J.L. Boone

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#519893 dans eBooksPubli le: 2012-02-19
Sorti le: 2012-02-19Format: Ebook
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Description :

Prsentation de l'diteurSmoker Confessions is a compilation of 8 candid stories from former smokers who were all able to beat their addiction in their own unique way.Smoking has had a death grip on the lives of millions of people around the world that were somehow able to break free of their addiction. So who better to tell you how to quit smoking than these people, who have actually done it. There is no one size fits all method to quit smoking. It is a very personal decision and journey. But you can learn from others experiences, which you will find inside this book.Read the stories of these 8 former addicts as they give you

their take on how to quit smoking based on their life experiences of falling into the addiction of cigarettes and years later, finding a way out. The stories you will read are both very similar and very different in many facets. What you take away from one may be completely different than someone else, but each of them has their own golden nuggets to help others quit smoking. You will learn of methods that you have never heard about, such as "Concept 6," tried and true methods that you may have tried, and methods that may seem silly, yet make total sense. The goal of sharing these stories is that at least one of them will resonate with you enough to give you that little push you need or that idea you hadn't thought of to finally quit smoking. Read the stories of these 8 former addicts who wanted to share their failures and their ultimate success to quit smoking once and for all in hopes that others would find some inspiration and actionable advice to do the same.

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