



The Smoking Addiction Cure: How to Overcome Smoking Addiction and Chain Smoking For Life (quit smoking, stop smoking, tobacco addiction, cigarette addiction, addiction recovery Book 1)

By Tony Smith

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Wouldn't you like to be one of the 45 Million Americans who have already quit their smoking addiction for life. Well, this book will provide you with the information you need to join that illustrious group: Providing if you or your loved one is ready to quit smoking now!

Now is the time to change from a life threatening decision of having a smoking addiction to a life saving decision to never smoke again.

Never again will you have to worry about bad breathe, stained teeth and fingers, smelly clothes and carpets, lost energy, breathing problems, and blowing second hand smoke into the nostrils of people around you.

The sooner you quit smoking, the earlier in age you quit smoking, the better for your long term health, reducing your risk of premature death and disease.

Wait no longer, download this book and find out how to cure your smoking addiction for life!

This Is What You'll Expect to Get Out of the Book...

- How to Help A Friend or Family Member Quit a Smoking Addiction)
- The Immediate and Long Term Effects of Quitting Smoking
- Concise Quit Smoking Ideas
- Recognizing and Eliminating Your Triggers
- Healthy Alternatives to Relax and Cope with Stress
- The Managing and Maintenance of Your Cravings
- Overcoming a Relapse
- How to Quit Smoking Little by Little
- Sound Advice and much more!!

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