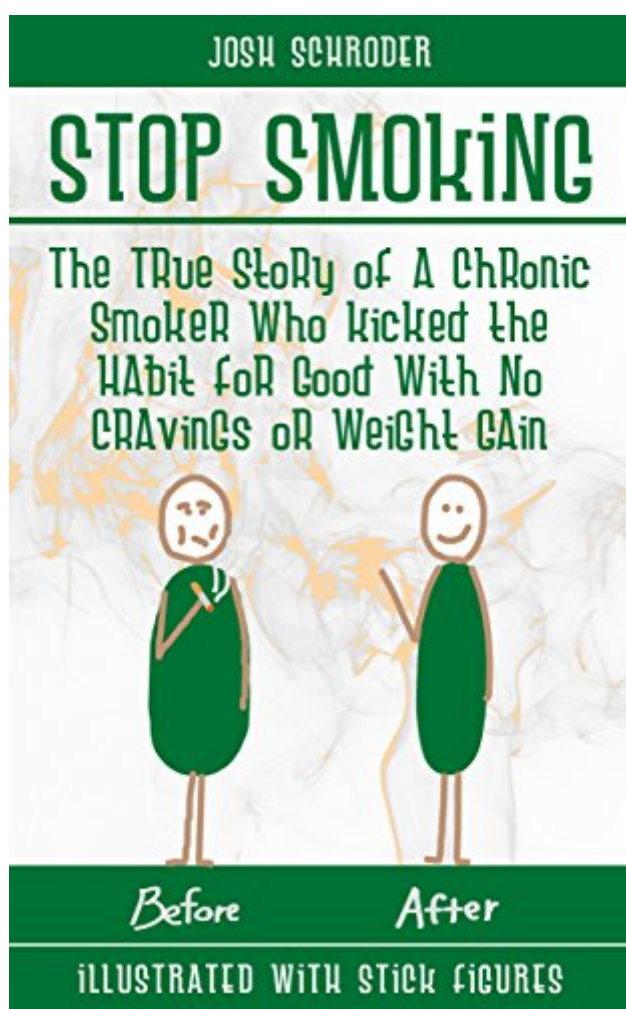


The book was found

Stop Smoking: The True Story Of A Chronic Smoker Who Kicked The Habit For Good With No Cravings Or Weight Gain (Illustrated With Stick Figures)





Synopsis

Are you finally tired of your addiction to tobacco? Do you feel like you are bound to cigarettes and you can seem to break the addiction? Do you feel silly spending money on something that's surely killing you and destroying your health? Well if so, you are not alone. I definitely have been there, and after several attempts, I have finally gotten rid of my nicotine addiction. This book is full of stick figure illustrations, I don't want you to take this process too seriously. I want you to have fun and relax, and I want to show you a world without cigarettes. The amazing feeling of health, the extra money, the extra energy.. so many things. Are you ready? This book will cost you less than a couple of packs, and it will save you thousands on cigarettes and medical bills later on. Let's get started!

Book Information

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Customer Reviews

Those of us who have befallen to a bad habit would completely appreciate the content of this book. The gist is reasonable: habit formation is the result of connections and patterns. In this book, Schorder delineates the human tendency of mimicking bad habits in order to fit in. Moreover, the

author also shows effective ways to cease the habit while compensating in other ways with productive activities. The book offers several ways to deflect the need for nicotine. Illustrated with amusing stick figures, the book also shows the natural human reactions to tobacco, which tend to become stronger when we share socially. Overall, the book is highly informative and a very interesting read.

Jakes story on how to successfully quit smoking is a great angle on how to quit, AND keep yourself from gaining weight while you do it. I really enjoyed the story of his youth about how smoking appears to be cool and a fun thing, and how it grows on you through years. Me being a smoker myself, I can identify with the struggles and downfalls that come with trying to quit. I think I will try this method this time and kick this ugly monster for good. Great read, and a great job quitting! A great inspiring book!

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