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Robert D Russell

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Looking for Quit Smoking Help? This book is like having your own personal trainer, coach, support system or mentor right there next to you to encourage you, to inspire you and - above all - to take you by the hand and gently help you to get to that goal you truly have wanted for quite some time now - - - to be free from a life tied to cigarette smoking. Anyone can quit for a few hours or even try their luck during a 'no smoking day' - we show you how to make it last. Nothing is left to chance. This book has been written by an average pack a day smoker who gave up this habit after 34 years and countless lame attempts to stop smoking. The answer of 'how to quit smoking' is so simple..... in fact, it is shockingly simple no magic tricks... just plain old fashioned common sense techniques that really, truly work. If you think you are ready to quit smoking, join all of those who have decided to give it one more try and have already successfully moved on to a better life because they no longer smoke cigarettes. Have the confidence to know that this time will be different... this time you will finally reach the goal of quitting smoking. Give yourself another chance to succeed. Do this for YOU !!!



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