



A Non-Smoker at Last: Join the Happy Club of Ex-Smokers.

By Dr. Ambros Precht

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Admit it, smoker. You smoke because you are hooked, not because you enjoy smoking. Very few of the many cigarettes you smoke give you pleasure. And deep down you would love to kick this filthy habit: no more coughing; no more stained teeth; no more pains in the legs, shaky hands, dried-out skin; no more shirking from physical activity. You know the list better than anyone else. Imagine getting up in the morning with absolutely no desire to have that first smoke of the day. Admit it, you have tried to quit. The ten-day plans, Chinese herbs, nicotine gum, acupuncture, psychotherapy -- you have tried them all and they have all failed you. No wonder you have come away believing that you can't quit, that you haven't got the willpower to do it. A NON-SMOKER AT LAST will show you that giving up smoking has very little to do with willpower. Like the addictions to caffeine, alcohol and sugar, smoking is a symptom of an organism off track; it is not the first cause. Get your organism back on track and...



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Reviews

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