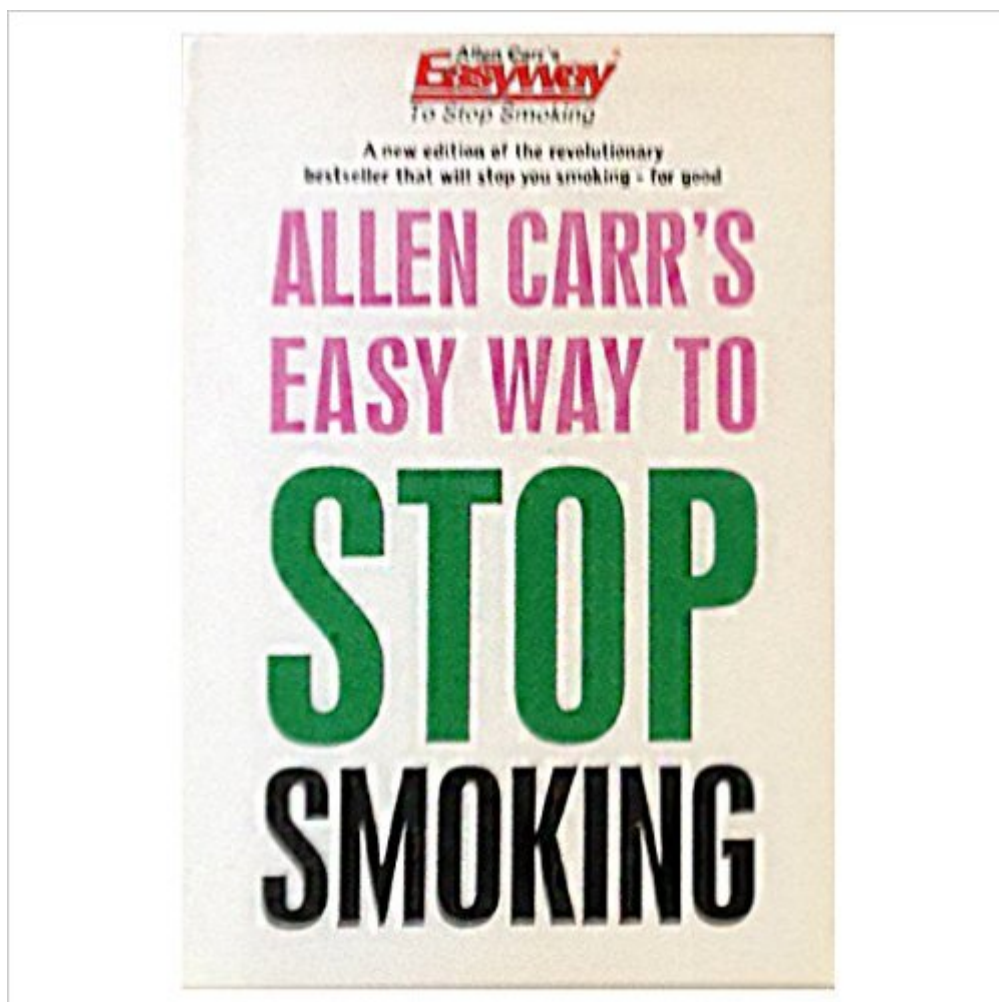


The book was found

Easy Way To Stop Smoking



Book Information

Paperback

Publisher: Prospero Books (1997)

ISBN-10: 0886653487

ISBN-13: 978-0886653484

Product Dimensions: 8.2 x 5.6 x 0.3 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (480 customer reviews)

Best Sellers Rank: #974,361 in Books (See Top 100 in Books) #163 in Â Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking

Customer Reviews

I don't even know where to begin, but THIS BOOK JUST WORKS! It seems weird to read a book and "just quit", but that's what happened. Trust me, it won't be "different for you"... it will work. Buy it. I've read the hundreds of reviews on the last book's edition, and it inspired me to purchase this latest (2006) edition. A friend of mine who quit (after reading to pg. 95 of this book... it took me longer, by the way) recommended it to me about 8 months ago. It's taken me that long to buy the book because I WAS AFRAID TO QUIT! I mean, I'm 41 (just had a birthday) and I've been smoking for 25 years and I "like it" (or so I thought)! I kind of didn't want to quit smoking, but thought I should. I smoked for 25 years (that's plenty). ...At least one pack/day for 23 of those years. Of course, I stopped while pregnant (didn't have the urge, thank God) and slowly started again, only this time (for the last 3 years) it's only been 5 cigs./day (or more if I was "out" partying). I bought the book and didn't really think I'd quit and wasn't really "ready" or anything and I started reading the book and it just happened anyway! I smoked my last cigarette on Monday, August 13, 2007 (while I was still 40)! I just had a birthday... this was my gift to myself. I know it's only been shy of three weeks, but it was pretty EASY! And, I know I'm done. You can just tell. (like when I met my husband, you "just know") The first week was only very slightly bothersome, but I was EASILY able to talk myself out of it (surprisingly). I really shock myself. Honestly, it's an easy read and I'm sure you'll quit. Seriously. I know your thinking, "It sounds good, but it probably won't work for me"... I said THE SAME THING! AND IT WORKED!

It was a Monday morning. Hungover. Broke. No cigarettes. This, I thought, was as good a time as any to start reading a book about giving up smoking. Plunging bravely in, I got to chapter two within

a matter of minutes."Follow all the instructions in this book," it advised as rule number one.Rule number two? "Don't stop smoking until you've finished this book."Damn. Blast. I had to drag myself back out of bed, shower, change, ring my editor for an advance, go to the bank, cash my cheque, buy a packet of cigarettes, all so I could give up smoking.Except, as Allen Carr points out, I was not 'giving up' anything.At the tender age of 38, I had been thinking about not smoking for two or three years. Visiting my neighbour, who happens to be the wife of our prime minister, I noticed she was not smoking."Nah, and haven't been for 14 months now."Woh! Wasn't that really hard?"No it was quite easy, really."No way! How did you do it?"Read a book."Pause. Silence. Big breath.Can I borrow it?"Sure," says our first lady.Three months later, after giving up on 19 June 2003, I still get nicotine pangs. Maybe as much as two or three times a day. This is good. In fact, this is incredible. The last time I tried to 'give up' I thought about cigarettes two to three THOUSAND times a day.The rest of the time? No worries!I feel like I've turned a corner on 19 years of fagging and there's no looking back. Mind you, my mother read the same book and is still having great difficulty. Problem is, she only 'gave up' because she had to spend time in hospital and was terrified at the thought of going through withdrawals.

First, a little about me; 35 year old female who's been smoking since about the age of 20. I took a three year break from 29-32 but started right back up with a vengeance. 2 weeks ago I was smoking 1.5-2 packs a day. My last cigarette was at 10:30 pm on March 26th 2014.Ok, so I had made the decision that it was time to stop smoking. I am a sales rep and am in front of customers all the time, I was embarrassed and ashamed that I might smell like cigarettes. I called my doctor to get a prescription for Chantix, because I had success with it a few years back. I let my inner circle (husband, close friends, boss) know that I was quitting smoking and that "the crazy train might be making a temporary stop".I picked up my prescription after work, came home and Googled "advice for quitting smoking", this book came up. I read this whole book that night and haven't touched nicotine since.Notice that I said "nicotine" and not cigarette's, I really appreciate this books' focus on getting rid of your nicotine addiction. You don't need patches, gum or those silly vapor cigarette's. Stop being a slave to your nicotine addiction, be strong and free yourself.I truly can't believe how I get to tell people that I quit with just the help of a book, which falls into the "cold turkey" category. I never hid my addiction so a lot of my friends and family are being super supportive. Tell people you're quitting, you deserve recognition and it helps with accountability.I cannot recommend this book enough to anyone who uses any sort of nicotine. I wish I could buy copies and hand them out to friends and family who are addicted. Please give this book a try, I feel it has changed my life.

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