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The Nicotine Addiction Cure - How To Avoid Triggers, Manage Withdrawal Symptoms, And Quit Nicotine & Smoking For Life (tobacco Addiction, Nicotine Addiction, ... Recovery, Smoking Addiction, Stop Smoking,)




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Synopsis

Discover How to Cure A Nicotine Addiction and Stop Smoking For Life!Help Your Friend or Loved One Through Their Recovery ProcessToday only, get this eBook for just $2.99. Regularly priced at $9.99. Read on your PC, Mac, smart phone, tablet or Kindle device.Quitting smoking is an easy decision to make, but the actual process can be as easy or hard as you wish to make it. In the same way smoking is a choice, quitting is your choice to make. It could be that you have tried in the past to stop, and if this is the case you know that this will not be easy. Funny how the things you really want rarely are!Think of smoking in a different way: For example, if you were to stand in the road for long enough, a car will eventually hit you and cause major injuries or death. Smoking also causes your body major damage and can ultimately lead to death. So I ask you, Ã¢â ¬Å“Would you stand in the road and wait to get run over?Ã¢â ¬Â•Chances are, you haven't thought about smoking in this way, but looking at a scenario from a different perspective can make you really think about how your actions drive consequences. The reason for this book is to help you on the start of your smoke-free life and make you aware of the numerous benefits that you can gain in this new life. Forget how many times you have tried to quit, and vow to make this time different.This book will help you understand and come to terms with the dangers of smoking, not only to yourself but to those around you. It is true that smoking is an addiction, and it is difficult for most to quit. However, one thing is certain: itÃ¢â ¬â„¢s possible if you make the decision! Remember to take things one day at a time, be proud of your progress, and if you falter along the way, pick yourself up and start again; you have not failed, it is simply a minor bump and tomorrow is another day. Embrace the numerous reasons why you should stop, but always keep in the forefront of your mind that you should stop because you, and those you love, are worth it. I wish you the best of luck as you move forward to a much healthier and happier chapter of your life. I have faith in you.Here Is A Preview Of What You'll Learn...What is Nicotine, and How Does it Relate to Smoking?Are You Nicotine Dependent?Health Benefits of Quitting SmokingNicotine Replacement Therapy (NRT) and TreatmentsThe Importance of Having a Support SystemHow to Build A Support SystemPlanning Out Your RecoveryPreparing for Withdrawal SymptomsTaking the First StepHow Smoking Affects OthersActing as Support for A Friend or Loved OneMuch, much more!Download your copy today!Take action now and discover how to effectively cure a Nicotine Addiction and Quit Smoking for Life! Help a Friend or Family Member through their Smoke-Free Transition. Download this book for a limited-time discount of only $0.99! Tags: nicotine addiction, tobacco addiction, substance abuse, quit smoking, stop smoking, smoking triggers, quit nicotine, manage withdrawal symptoms, quit for life, using tobacco, nicotine addiction cure

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Customer Reviews

I have been a smoker for almost 20 years. Now that I am close to 40, I want to quit this bad habit. I just tried all sorts of techniques, going cold turkey, trying patches but nothing seemed to work. I am hoping this book will help me stop this life-threatening habit. I like the way the author proposes several ways on how to quit smoking, from nicotine gums to taking medications. With these proposed ways, the author also was honest enough to give possible good and bad side effects. The honesty of the book is what makes me believe it and hopefully it will be a great tool and arm for me to quit smoking.

For someone who’s been trying to quit smoking for a while now this book is very welcome.As a smoker we sometimes put the negative effects of smoking out of minds (and lets be honest, there’s not many positives!) so to have all these communicated in a book like this is a very good memory jogger. I really liked the ’Timescale of health benefits’ as well, this just goes to show that you don’t have to give up for long to get some fantastic health benefits, a very good motivator in my

opinion.The book is well laid out, doesn't talk down to the reader and is probably one of the better things I have read about how to give up the 'evil weed'.There's a good chapter on NRT (Nicotine Replacement Therapy), something which will no doubt work for some but hasn't for me so far I'm afraid, and its nice to read the section which encourages you to accept that you're a 'non-smoker' and not an ex-smoker', quite an important difference I think.Now, I haven't quite given up yet but I would encourage anyone who wants to give up the cigs to give this book a go. Its certainly given me something to think about and I feel a lot more confident about stopping it all together.

This is a great book for you if you are a smoker and want to get rid of this bad habit. Discover all about nicotine addiction and what you can do to stop smoking for the rest of your life. If you have tried to quit smoking many times earlier but failed to leave this habit, this book will come handy for you. You also learn about the dangers of smoking and how it will create serious health problems for you later in life. If you are determined to quit smoking, this book will make it easier for you to stick to your decision. The author has given many tips and advice inside the book that are designed to help you when you have decided to quit smoking. I was able to leave this dreadful habit after following the instructions for a month. I shall recommend this book to all my friends who are smokers.

Smoking is often thought of as a bad thing we shouldn't do, but what if you thought of it as a life or death situation? That's the approach that The Nicotine Addiction Cure takes to motivate smokers to stop! Lung cancer to sexual disfunction. There's even a nicotine withdrawl quiz to help measure your level of addiction. Actual steps,therapies, and medications to quitting smoking are presented in an easy to follow guide along with valuable information of benefits including a handy timescale of health.

Smoking is very dangerous because it causes many deadly health conditions. I am not passionate smoker but the content inside this book makes me think twice about the bad effect of the nicotine. The book contains great explanation why you should stop smoking now, the symptoms and conditions that are worsened by smoking, test to check are you nicotine dependent (which I personally found very useful), great overview of how smoking affects others, the benefits of stop smoking and much, much more .Very well written and easy to read book, full of information. Authors explanations about nicotine disease are so powerful and persuasive. Highly recommended!

If youÃƒÂ¢Ã â ¬Ã â„¢re a smoker, you know the drill. For long-time smokers, daily life can be filled

with triggers. Triggers make it tough for smokers to quit. But once you recognize your own personal smoking triggers, you can use a few simple strategies to avoid or defuse them before they wear down your resolve. This book shares some tips and methods on how people can overcome nicotine addiction. If you'll read this book youÃƒÂ¢Ã â ¬Ã â„¢ll be one step closer to a lifetime free of nicotine.

This book gives a clear guideline on what nicotine is and how to avoid the effects of smoking withdrawal. It is easy for you to stop smoking but it may be difficult to bear the cravings thereafter. with this book, you will have all the information that you need on how to quit smoking. The book also gives you all the tips on the health benefits of quitting smoking. This is a great kindle for all the smokers who want to quit this addiction.

As a smoker I kow how difficult it can be to quick, so I got this book to see if I could find any extra help, the book is short but it does have a lot of tips and different advices to help you in your way to stop, it has a quiz so you can know how addict you are, I got less that 4 and I notice that I wasn-t that addict so I started my way to stop smoking and now I have more than a month without a cigarrette

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