



The Smoking Cure: How to Quit Smoking Without Feeling Like Sh*t (Paperback)

By Caroline Cranshaw

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Smoking Cure - How to Quit Smoking Without Feeling Like Sh*t Comes with Bonus: Workbook and Stop Smoking Relaxation Download Let s be honest. When it comes to quitting smoking, going cold turkey is not only hell but most of the time, it doesn t work. We start out with the best intentions, but once the withdrawals set in, we feel so awful we give up and start smoking again. If you are ready to stop smoking for good without feeling like sh*t, you need a different approach. After overcoming her own addiction to smoking and working with thousands of clients, Addiction Specialist and Hypnotherapist Caroline Cranshaw has created a proven, seven-step process to help you understand your addiction to nicotine, get rid of your excuses, address the imbalances that are at the core of your addiction and become a non-smoker for life while feeling better right from the start. Caroline takes you step by step through the process of quitting smoking, helping you to create a plan that will help you overcome your addiction to smoking for...



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