

Smoke Free In 30 Days - Daniel Seidman

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I'VE TRIED AND FAILED TO STOP SMOKING TOO MANY TIMES TO COUNT. Smoke Free in 30 Days provides the best approaches for effectively breaking the smoking habit and to help anyone to remain smoke free for life. Dr Daniel Seidman has worked with thousands of addicted smokers for over twenty years. He understands that people smoke -- and try to quit -- for different reasons and what works for one smoker might not work for another. He knows what can stop a smoker from successfully quitting, and he has a clear step-by step 30-day plan that will help anyone to stay an ex-smoker for life. Why are you still smoking, even though you want to quit? Combining proven psychological techniques (that help to change the automatic behaviour nicotine addiction has created, smoking with a drink, to relax, or to deal with stress) that are compatible with recommended aids, such as nicotine replacement therapy (NRT) and Dr Seidman gives full, much-needed guidance in using NRT without fear and effectively. This is a method with proven, permanent results. Learn what efforts you can make, actions you can take and practical strategies you can follow to make quitting easy. In a comprehensive, 30-day programme, Dr. Seidman explains how to retrain your brain, how to take advantage of the simple and straightforward techniques that help to overcome all the emotional (and physical) obstacles in their way to end the month smoke-free and feeling stronger than ever! Dr Daniel Seidman teaches at Columbia University Medical Center, and has helped thousands of people to stop smoking through his community clinics. Dr Seidman created a sensation with his method after appearing on The Oprah Winfrey Show explaining how he can help anyone to quit smoking. Author: Seidman, Daniel Publisher: Souvenir Press Illustration: N Language: ENG Title: Smoke Free in 30 Days Pages: 00224 (Encrypted EPUB) On Sale: 2010-05-01 SKU-13/ISBN: 9780285638853 Category: Health & Fitness : Health Care Issues

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