

Overcoming Your Smoking Habit - David Marks, David

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Have you tried and failed to give up smoking? Most smokers have but Professor David Marks' method has been scientifically evaluated and the programme's quit-smoking rates are among the highest on record, using a step-by-step week-long programme to help you stop smoking for good. Via highly acclaimed cognitive behavioural therapy techniques, proven effective in how to re-programme your mind not to want to smoke, you will not have to rely on will-power alone. - Exercises and practical strategies to regain control from your smoking automatic pilot - Ways to increase awareness of smoking triggers and deal with what leads to automatic smoking - Tips on eating and exercise to avoid weight gain - Relaxation and stress reduction and avoiding relapses

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