

Stop! No Smoking Programme - Nicola Willis

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Despite the evidence that smoking kills, there are estimated to be 15 million smokers in Britain, of which 70 per cent want to give up. Unlike any other key stop-smoking books, STOP! No Smoking Programme looks at all the available quit-techniques and helps the reader find the most suitable for them. It sets out a clear programme based on the latest research in a lively and accessible format, backed up with quizzies and celebrity success stories. The four-week STOP! Programme provides a step-by-step guide to the week before Quit day and the 3 weeks that follow it, with motivation-packed 2 hour sections for the first 3 days after stopping. The Guide will debunk many of the popular myths and misconceptions about tobacco addiction and will arm quitters with the information and techniques necessary to quit smoking for good. Author: Willis, Nicola Publisher: Ebury Digital Illustration: N Language: ENG Title: Stop! No Smoking Programme Pages: 00192 (Encrypted EPUB) On Sale: 2012-09-30 SKU-13/ISBN: 9780091947910 Category: Family & Relationships : General Category: Health & Fitness : General

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