

If Only I Could Quit: Recovering From Nicotine Addiction - Karen Casey

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This complete resource brings together personal stories of recovery, Twelve Step guidance, and 90 daily meditations to help us become nicotine-free. If Only I Could Quit is written by one of Hazelden's most popular meditation authors and a recovering nicotine addict. Author: Casey, Karen Publisher: Hazelden Illustration: N Language: ENG Title: If Only I Could Quit: Recovering From Nicotine Addiction Pages: 00320 (Encrypted EPUB) On Sale: 2011-01-25 SKU-13/ISBN: 9780894864384 Category: Self-Help : Twelve-Step Programs Category: Self-Help : Meditation Category: Self-Help : Personal Growth - Self-Esteem

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