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Quitting Smoking: The Amazing Plan That Made Me Dump 20 Years Of Chain Smoking In Less Than 5 Months

Maxine Sullivan

QUITTING Smoking:

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ME DUMP 20 YEARS OF
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Synopsis

I was a smoker for twenty years. I know there are smokers for much longer, and for that all I have to say is I am very sorry. It is a horrible way to live. I say that not because smoking is not fun because we all know smoking can be fun. I say it is a horrible way to live because as any smoker can attest, we have had those nights where weâ€™ve laid in bed and promised ourselves that come tomorrow we will not buy another pack of cigarettes. And lo and behold, weâ€™re clutching a pack of cigarettes before it is even midday. To be constantly breaking promises to ourselves is a horrible way to live. It makes you feel like a liar to the most important person in your life, yourself. In this book I will give you something thatâ€™s incredibly simple, yet it took me 20 years to figure out. Itâ€™s simply a mindset, a way of looking at things. Itâ€™s a mindset that once you adopt it youâ€™ll understand why you donâ€™t have to smoke if you donâ€™t want to. Iâ€™ll give you some powerful things you havenâ€™t thought about that will give you the leverage you need to finally quit. Yes, this book is only \$2.99.. you can thank me later!

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Customer Reviews

In her book, âœ‡Quitting Smoking: The Amazing Plan that Made Me Dump 20 Years of Chain

Smoking in Less than 5 Months,â • Maxine Sullivan describes a very homeopathic and natural system that she used to quit smoking. I admired Ms. Sullivanâ™s for sharing her heart-breaking story about having to watch a loved one die from a disease caused by smoking. Her âœno holds barredâ • approach to quitting was really refreshing and her techniques made a lot of sense. Several of her techniques to help her work through her cravings for nicotine could be used to help non-smokers who want to detox their bodies and begin living a healthier lifestyle. Anyone who is trying to quit smoking should read Ms. Sullivanâ™s story. She gives no nonsense advice and real-life solutions to kicking the nicotine habit.

Quitting Smoking was interesting and educational. It gave me a lot of information on how to quit smoking without medicines and picking up some healthy habits along the way. I myself, like Maxine had tried the 'Chantix' medicine prescribed by my doctor and experienced some negative side effects that stop me from using the medication. I had strange dreams which would wake me up and a lot of strange depression giving me suicidal thoughts. After reading this book I am going to give most of Maxineâ™s advice a try (no acupuncture for me). I like the idea of trying to quit naturally, and since my husband and I have decided to eat a little healthier anyway this gives me an added direction and reason for healthy living choices. I enjoyed this book and would recommend it to anyone who not only wants to quit smoking, but also to those who would like tips for natural and healthy living ideas.

There so many books out now-a-days that are filled with tips on how to quit smoking, but this one is excellent. It is full one good tips to try. The author does a great job not only providing the tips, but she also lets you know the real deal. She does not just blow smoke to get you to buy her book she has actually tested the tips herself. She shares the information from her research to help the people who want to quit smoking. She doesnâ™t pull any punches. I decided to buy this book to learn some tips to help my wife with her battle to quit smoking. I have to say I found the tips in this book to be a nice change from the other books on quitting smoking. I truly liked the fact that the author tells the reader the way it is. The author did an extremely good job dealing with the subject of quitting smoking. This is a must read for anyone one who is wants to quit smoking.

I am a smoker of 25 years and I can very much relate to the author of this book. I remember as a young kid all the kids around me that would offer them and the peer pressure was just unbelievable. Of course not all of us are peer pressured. Some of us just pick it up from parents or they see others

doing it so they think it's cool. I have several times told myself that come morning I will start a new day fresh, that I wouldn't buy that next pack. Boy was I wrong. I would wake the next day only to find myself at the counter of a gas station buying the next pack. I have struggled to find a way to quit. I have never had a family member pass due to smoking or anything related to smoking and I am sure if I had. It would make a difference on how I look at smoking. Also I never really understood all the effects and withdraw symptoms that were associated with trying to quit. I'm sure this is why a lot of people run straight back to them. When I started to read this book I instantly thought to myself that this might be a waste of time but as I continued to read I found that this book could be what helps me make my big break from them. One of the author's ideas could be the change I need to take that leap and make difference in my health. The author gives details on how she tried to stop and how it didn't work for her. The book gives me more insight on things I could be trying that will help me reach my goal and information on why it may or may not work for me. I am very excited to put some of her idea's to work and see what one works for me. This is a must read book for any smoker. Any one of the things the author tried on her journey may be the one that works for you

I believe I was about 14 years old when I started smoking. I remember the day it was because my friends were so adamant of making me believe that it made you feel like you were high, well, boy did it work. If you remember when you first started smoking that first puff gave you a rush and a sort of dizziness. Something I already knew before reading this book is the mindset has a lot to do with quitting smoking. I smoked up to I was about 35 years old and one day I just was tired of feeling like I was going to die after every puff and after waking up in the morning coughing and wheezing to no end. This book gives some very good techniques to get your mind to the place to say you quit and really mean it. Once you put your mind to it and reading this book, you should have no problem giving up smoking. Just wake up one morning and toss that pack out. This book is great for those who really want to quick smoking.

Smoking is as behavioral and emotional as it is physical . I read this book not because I smoke but for a dear friend of mine who needs to stop smoking for her health and to stay alive to watch her grand children grow up. So maybe from what I learn I can pass it on to her. I know its not easy an path to follow because I also was a smoker many years ago. Smoking is an addiction but can be controlled if you work at it. This book taught me a lot about what you can do to stop smoking . Some of the information I was not aware of. such as the side effects of prescriptions that you can take while trying to stop smoking. This book also gives you the healthier ways to kick the habit. I found

this book to be very informative for anyone who wants to quit smoking

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