

The Winning Way to Quit Smoking (Paperback)



Filesize: 8.46 MB

Reviews

Very helpful to any or all category of folks. It is written in simple phrases rather than difficult to understand. It has been developed in an exceptionally simple way and is particularly just after I finished reading this pdf in which basically transformed me, modified the way in my opinion.

(Hank Runte)

THE WINNING WAY TO QUIT SMOKING (PAPERBACK)

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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Firstly, congratulations for deciding to take positive action and move forward with The WINNING WAY Method. There are 3 Zones which you will enter to slowly and systematically become a non-smoker: THE CUTTING DOWN ZONE 8 WEEKS, THE QUIT ZERO ZONE 16 WEEKS THE PERMANENT QUIT ZONE where you reach your final destination. Over the years I have had in-depth conversations with countless smokers who would dearly like to kick the habit, but are terrified that if they do, they will not be or feel themselves, and that it would be a quantum leap into the dark unknown for them. - This is particularly so for long-term smokers. But what I try to get them to think about is not the unknown - but the known - the time when they once were non-smokers and felt their normal-selves. There are so many things in life that seem insurmountable - yet often when we reach our goals, we look back and see that the fretting and worrying was worse than the getting on with it and going through it. You are looking at this book because you want to stop - you have the will, and by following my unique positive mindset strategy, along with using easy supports like e-cigarettes, nicotine replacement methods (NRT), Quit Tea, a hypnosis CD, and de-stressing inhalers, you have the way. It is possible for everyone to achieve non-smoking status. With The WINNING WAY method you do not have to quit right away - it is about small steps that allow you to gradually cut down your cigarette number. - This makes the transition phase as calm and un-stressing as possible, and allows your...



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