



# **Overcome your addictions: How to quit smoking, live healthy, protect people around you and enjoy life without cigarettes (Overcoming your addictions Book 1)**

*Martin Daniels*

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# Overcome your addictions: How to quit smoking, live healthy, protect people around you and enjoy life without cigarettes (Overcoming your addictions Book 1)

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Are you tired of being a smoker? Cigarettes are making you waste a lot of money and you are feeling tired? Then stop smoking today.

After reading "Overcoming your addictions - How to quit smoking" you will be able to understand better what's going on and how to kick this bad habit out of your life.

You will learn:

CHAPTER I – WHAT IS NICOTINE

CHAPTER II – IDENTIFY WHAT MAKES YOU SMOKE

CHAPTER III – MANAGING THE WITHDRAWAL SYMPTOMS

CHAPTER IV – MANAGING THE CIGARETTE CRAVINGS

CHAPTER V – HOW TO PREVENT GAINING WEIGHT AFTER YOU STOP SMOKING

CHAPTER VI – THERAPY AND MEDICATION

CHAPTER VII – WHAT TO DO IF YOU SLIP AND/OR RELAPSE

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