

## *Quit Smoking Today: Without Gaining Weight [With CD (Audio)]*

Say goodbye to smoking and vaping forever! Now's the time. You've decided to quit smoking or vaping for good. You know it's the best thing for your physical and mental health, but you realize it won't be easy. You've come to the right resource to help you succeed at your quest to quit. With down-to-earth advice, *Quitting Smoking & Vaping For Dummies, Portable Edition*, delivers proven techniques for success. The authors, two accomplished mental health professionals, walk you through the steps it takes to quit, day by day and month by month. They show you how to power past common obstacles to quitting, choose effective medication treatments, and overcome lapses. You'll also learn how to: Create a plan to give up nicotine once and for all Get through that all-important first month Deal with weight gain and be kind to yourself on your quitting journey Tap into apps and online support groups when you have the urge to light up No matter how many times you've tried to quit, *Quitting Smoking & Vaping For Dummies* will help you achieve your goal of a new and healthier you! There's no better time to start than today.

Have you been thinking of quitting smoking but are afraid of gaining weight in the process as you deal with the withdrawal symptoms of quitting smoking? And have you recently come across information suggesting there is a diet that can help you quit smoking and are wondering how exactly that is even wildly possible? If you've answered YES, keep reading... You Are About To Discover How It Is Wildly Possible To Use Diet To Quit Smoking, For Good And Effectively Deal With All The Withdrawal Symptoms That May Come, Keep Off Weight Gain And More! There are many reasons why people gain weight massively after they quit smoking, and some of them include the effect of nicotine withdrawal on the body system like the constant feeling of hunger pangs, slower metabolism, and comfort eating as a result of the emotional imbalance and so on. Considering the negative effects smoking has on the body, gaining weight often makes things worse and puts your life at a higher risk. So I understand your concern, and are confident that you can leverage the power of Dr. Sebi's diet would work for you based on its detoxification and weight management benefits. But I know that you might often ask yourself: Who is Dr. Sebi? What does his diet look like? How does his diet help in quitting smoking and managing body weight? What foods does he recommend eating or quitting? Is the diet really effective or is it like these other fads sprouting every day? To answer these and many more questions, and show you how you can change your life with one of the best diets on the planet is this simple beginners' book. Here's a tiny bit of what you'll learn from it: Who Dr. Sebi is Dr. Sebi's approach to successfully quitting smoking and why it is effective Why detox and revitalizing your body is important What you should eat or avoid to detox your body Dr. Sebi's recipes to help you quit smoking Why Dr. Sebi's diet is effective and why you should get started with it immediately ...And much, much more! Smoking appears to change the distribution of fat in the body, and when you quit smoking, it's possible to experience accelerated weight gain. The best weight management approach when you begin the process of quitting has to be able to keep you healthy while helping you burn fat and get rid of the stored toxins. Dr. Sebi's diet clearly has a good reputation in that regard, and all you need is a helping hand to guide you through it. Even if you are the skeptical type, this book will prove you otherwise and make you start believing in the power of diet in transforming health! Are you ready to get started? Scroll up and click Buy Now With 1-Click or Buy Now to begin your journey today!

?? DOWNLOAD THE BONUS FOR FREE (+53 EXERCISE CARDS INCLUDED) Are you obsessed with cigarettes? Have you ever tried to quit smoking without resigning yourself to the idea? Have you quit smoking but got weight? You don't know how to live without a cigarette, you can't concentrate, do you crave and experience social discomfort without it? Can't stop smoking? Are you compulsive and without loneliness? Have you undergone an anti-smoking treatment? Have you already read a famous book without success? ?? Quitting smoking has never been so concrete and lasting. Unlike Allen Car's overrated *It's Easy to Quit Smoking*, *QUIT SMOKING EASILY the Definitive Handbook* provides the most comprehensive structured and effective path that exists in the market. BY FOLLOWING THE BOOK YOU WILL LEARN: How to get rid of the cigarette in a simple, lasting and effective way Anticipate knowing, anticipating and understanding the triggering moments and defusing them before they occur Quit smoking and achieve a healthy weight without gaining weight Improve your health in general and improve physical and mental performance Become, revert to being a non-smoker (you will not be an ex-smoker) By reading the book you will go through these STEPS: AWARENESS In which you will learn and discover a lot about yourself and the relationship with the cigarette DETERMINATION In which you will develop the energy to leave effectively ACTION You will take the correct and timely actions to get immediate benefit REFURBISHMENT you will cement your new non-smoker behaviours The author will follow you step by step just as he was with you. Inside, you will find the cards that you could fill in and that will help you get rid of this evil. You will finally be free! ? AS A GIFT THE WORKBOOK (Exercise book) that you find at the end of the book, consisting of over 53 CARDS The author Han Carrel is currently the leading living expert on smoking cessation. The only one who has concretely and lastingly helped over 500,000 people to get rid of cigarettes with his book. ?? DOWNLOAD THE BONUS FOR FREE (+53 EXERCISE CARDS INCLUDED)

Are you ready to quit smoking? Don't know how to deal with the cravings? You don't want to spend a lot of money trying. Have you wanted to quit smoking but were afraid of gaining weight? Are you ready to quit without using drugs or e-cigarettes? Kathy Lindert's book will show you how to change your thoughts and your behaviors to quit smoking for life and not use food as a substitute. Kathy teaches you great tips and techniques so you can visualize, hypnotize and Quit Smoking at your own pace. You will learn to take control of the old habits and not allow the cigarette companies to own you. The best part is, this book costs less than a pack of cigarettes and can help you save your life. Kathy Lindert has helped thousands of people stop smoking and now has put it in a book to help you to stop smoking as well. Quitting is not hard, it's your habits and thoughts that need to change. This book will show you new ways to handle everyday life without a cigarette. Stop giving your money to the big corporations that make cigarettes and save your life

*and your money too. Kathy Lindert quit smoking in 1987 and never went back using many of these techniques. If she can quit, you can too!*

*The bestselling quit smoking method updated for the 21st Century*

*How to Quit Smoking Without Feeling Like Sh\*t*

*The Little Book of Quitting*

*Stop Smoking*

*Quitting Smoking For Dummies*

*The Easy Way to Stop Smoking*

*Short of time? Or have you stopped smoking and found it difficult or even impossible to stay stopped? If your answer to these questions is yes, then this is the book for you (even if you've tried and failed using Allen Carr's method in the past). Quit Smoking Boot Camp is a revolutionary and concise version of the world-famous Easyway method, delivered in short, punchy segments to help you quit with the minimum of fuss, with minimal effort, in a reassuringly regimented and speedy way. Four days is all it takes to transform your life. We recommend that you read this book over just four days (though you might choose to do it in less or even to take a little longer). Choose your start date and four days later you can be free. It's as simple as that. The Easyway Boot Camp will help you change your mindset and quit smoking, vaping, or using nicotine in any form easily and immediately. What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times*

*Quit Smoking Today Without Gaining Weight Hay House, Inc*

*Allen Carr was a chain-smoker, who used to get through 100 cigarettes a day until he discovered the 'Easyway to Stop Smoking' in 1983. His method involves a psychological reappraisal of why people smoke as well as understanding the subtle and pervasive nicotine trap and how it works.*

*Everyone knows how bad smoking is for them: about half of all regular cigarette smokers will be killed by their habit, but they just can't seem to give up. If you're really serious about giving up smoking then this is the book that will not only help you to stop, but to stay stopped for good. Gillian Riley's techniques allow you to understand your nicotine addiction, take control and break your smoking habit. There is a step-by-step giving up programme that is easy to follow and really works. Even in stressful situations, or when boredom sets in, you'll soon realise that even though the freedom and opportunity to smoke is there, you have chosen not to. How to Stop Smoking and Stay Stopped for Good will even help you to give up smoking without gaining weight.*

*Quitting Smoking & Vaping For Dummies*

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*And You Can Do It Without Gaining Weight*

*How to Quit Smoking in a Safe, Lasting and Easy Way - The Definitive Handbook*

*Quit Smoking*

*Breathe Easier, Restore Your Health, Live Longer*

**READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE.** This book is the most up-to-date, cutting-edge, best-practice version of Allen Carr's Easyway to Stop Smoking method that will not only set you free from smoking, but will also insure that you find it easy and even enjoyable to quit. • Without using willpower, aids, substitutes, or gimmicks • Without gaining weight • Without suffering anxiety, depression, or unpleasant withdrawal symptoms This book is designed to help busy smokers, who appreciate clear no-nonsense guidance. Allen Carr's Easy Way to Quit Smoking gives you a structured, easy-to-follow method for quitting quickly, painlessly, and immediately. If you're someone who uses any nicotine product other than cigarettes, this book will also work perfectly for you. What people say about Allen Carr's Easyway method: "Allen Carr's international bestseller...has helped countless people quit." Time Out New York "I read this book and quit smoking instantly" Nikki Glaser "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Allen Carr's 100 cigarettes-a-day addiction drove him to despair, but, after countless attempts to quit, he eventually kicked the habit. This is an updated edition of his bestselling guide to giving up smoking.

Offering practical tools and techniques to deal with the physical, mental, and emotional impact of recovering from nicotine addiction, Quit Smoking and Be Happy offers everything you could possibly need to not just extinguish that final cigarette, but to cultivate a life of true freedom, health and joy long after you do so. This book doesn't promise to make quit smoking easy. It doesn't promise that you'll be able to stop smoking without ever experiencing a single craving or withdrawal symptom. What it does promise is that you can still enjoy all the health, wealth and happiness you deserve DESPITE those cravings or withdrawals. In this book, you'll discover: How to cope with cravings without going insane How to deal with stress, anger, and irritability while quitting smoking How to prevent a relapse How to get back on track if you've already relapsed and much, more more. In addition, you'll find an abundance of bonus downloads, worksheets and resources to help you with: Fatigue and fogginess when quitting smoking Preventing weight gain and emotional over-eating Getting through a post-quit depression Recovering from quitter's flu and more.

Read this book and you will be able to quit smoking with ease and without gaining weight.

**Stop Smoing Now**

**Doctor Sebi to Stop Smoking Made Simple**

**How to Quit Smoking Without Gaining Weight**

**How To Quit Smoking Without Gaining Weight Using Dr. Sebi's Alkaline Diet**

## Quit Smoking Today Without Gaining Weight

### 9 Best Ways to Quit Smoking Without Becoming a Nervous Wreck and Gaining Weight

*'If you follow my instructions you will be a happy non-smoker for the rest of your life.'* That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Praise for Allen Carr's Easyway: "I would be happy to give a medical endorsement of the method to anyone." - Dr PM Bray MB CH.b., MRCGP "Allen Carr explodes the myth that giving up smoking is difficult" - The Times "A different approach. A stunning success" - The Sun "The Allen Carr method is totally unique." - GQ Magazine "His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking." - Richard Branson "I found it not only easy but unbelievably enjoyable to stay stopped." - Sir Anthony Hopkins

I know there are many eBooks on quitting smoking. So what makes this eBook different? And why should you buy it? ... This eBook focuses on 2 fundamental areas that are crucial to quitting smoking, 2 areas that are missing from other systems: 1. How to build the right mindset to make quitting smoking an easy process. 2. How to build the right habits to make quitting smoking an easy process. Most people haven't discovered these "missing links" that make it so easy to quit smoking that you'll be kicking yourself wondering why you didn't quit years ago! All other quit smoking eBooks, methods, and aids (like nicotine replacement therapies) don't deal with the mindset or habits. So you can easily start smoking again once you've quit. This eBook simplifies methods to deal with your cravings, handle all the situations where you badly want to smoke, and break those old habits for good. So, you will feel good about not smoking - instead of deprived, or stressed. You can even use these same methods to avoid gaining weight when you quit smoking. It keeps the methods: realistic, simple, and easy to apply. They don't rely on willpower, or a tough cold turkey approach, either. Quitting smoking can be easy (and stress-free)... once you know how. This eBook gives you the "how". This eBook stays focused on the truth (what really works) to help you quit smoking (and stay quit) the easy way. Other eBooks and methods usually don't, they make it harder to quit. It can work for heavy and light smokers. And, even, if you've tried and failed to quit smoking many times already. You can quit smoking today with this eBook - even with "the nicotine factor" taken into account. This eBook simplifies the complex - it can save you a great deal of time, money, and effort compared to other methods. This eBook doesn't overload (and confuse) you with useless information... it gets to the point. It just tells you what you need to know, and nothing else - without repetition. It gives you the "needle in the haystack". So you don't waste hours reading, searching, and failing to quit for nothing. You can quit smoking the right way... the first time.

Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world quit instantly, easily, painlessly and permanently. Stop Smoking Now is the new, cutting-edge presentation of the method. Updated and set out in a clear, easy-to-read format, this book makes it simpler than ever before to get free. Allen Carr's Easyway does not rely on willpower as it removes your desire to smoke. It eliminates the fears that keep you hooked and you won't miss cigarettes. It works both for heavy and casual smokers and regardless of how long you've been smoking. There are no gimmicks or scare tactics, you won't put on weight, and you can even smoke when you read. Allen Carr's books have sold over 15 million copies to date in more than 40 different languages and Stop Smoking Now is the newest presentation of the Easyway message, updated for the 21st century but still centred on the world's most effective stop-smoking programme—the tried and tested Easyway method, 'the one that works'. The Allen Carr method has been presented here in a lively, informative and streamlined way. This book brings the original Easyway concept bang up to date, incorporating lessons that have been learned from those who teach in the global network of Allen Carr clinics. No one has more experience of helping smokers quit.

One of the main complaints people have about quitting smoking is the weight gain that follows. The Compass health Transformer, is a system that empowers people to take charge of their lives by transforming their health. One of the key ways, this can be done, is to quit smoking. This book outlines the natural 7-step process that will help you to quit smoking without gaining weight. These steps are simple, easy to apply and will certainly help anyone thinking of quitting smoking to find a way to do it, without gaining weight or replacing one addiction with another. The Compass Health transformer Quit Smoking, will help many people who struggle to quit smoking without gaining weight to finally do it without getting addicted to other substances or replace the craving for tobacco with another.

*New Updated Digest Version of the Only Method That Has Helped 30 Million Smokers to Suppress Their Cravings and Quit Smoking Tobacco - Risk-Free!*

*The Easiest Way to Quit Smoking*

*Allen Carr's Easy Way to Quit Smoking*

*Summary: the Easy Way to Stop Smoking by Allen Carr*

*How to stop smoking - simply, without stress, forever*

The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes

and literally sets you free. Accept no substitute. Five million people can't be wrong.

Allen Carr's international bestseller, *The Easy Way to Stop Smoking*, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. The *Little Book of Quitting* crystallizes 120 key points of the Easyway® method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight. This is the perfect pocket refresher for those already applying Allen Carr's method, and a great starting point for all those who want to quit the Easyway®. Allen Carr discovered the Easyway® to stop smoking in 1983 after his three-decade-long, 100-cigarette-a-day addiction had driven him to despair. First published in 1985, *The Easy Way to Stop Smoking* has sold over six million copies worldwide and has been translated into more than twenty languages. In addition to his books, Allen has established the Allen Carr clinics, now operating in countries around the world.

*The Smoking Cure - How to Quit Smoking Without Feeling Like Sh\*t Comes with Bonus: Workbook and Stop Smoking Relaxation Download* Let's be honest. When it comes to quitting smoking, going cold turkey is not only hell but most of the time, it doesn't work. We start out with the best intentions, but once the withdrawals set in, we feel so awful we give up and start smoking again. If you are ready to stop smoking for good without feeling like sh\*t, you need a different approach. After overcoming her own addiction to smoking and working with thousands of clients, Addiction Specialist and Hypnotherapist Caroline Cranshaw has created a proven, seven-step process to help you understand your addiction to nicotine, get rid of your excuses, address the imbalances that are at the core of your addiction and become a non-smoker for life while feeling better right from the start. Caroline takes you step by step through the process of quitting smoking, helping you to create a plan that will help you overcome your addiction to smoking for good. Without feeling like crap... She also helps you address the underlying reasons you are addicted, gives you the tools to be committed, deal with withdrawals and navigate the issues that come up after you quit. Here's just some of what we will cover to take you step by step through the process of quitting smoking for good, without gaining weight, suffering insomnia, or without being riddled with cravings and anxiety. \* Step 1: Awareness - Why It's Been So F#\*king Hard To Stop \* Step 2: Insight - How Your Excuses Are Keeping You Stuck \* Step 3: Identify Your Triggers and Associations with Smoking \* Step 4: Commitment - Time to Make a Vow \* Step 5: Nutritional Supplements to Balance Your Brain Chemistry \* Step 6: Clean Up - Preparation for Quit Day \* Step 7: Tools and Techniques \* The Action Plan - Putting It All Together \* What to Expect and Tips to Get You Through \* Solutions to Common Issues After Quitting Other key issues this book addresses are addiction, brain chemistry, neurotransmitters, impotence, sexual issues, alcohol and other smokers, hypnotherapy, tapping, EFT, anger, anxiety, panic, dopamine, lizard brain just to name a few...

Here are 9 of the best ways to finally quit smoking without becoming a nervous wreck or gaining weight. If you have tried to quit smoking before, but failed or tried to quit but was overcome by anxiety or fear of becoming socially awkward or gaining weight, then read this book! This book was previously published as "The Compass Health Transformer Quit Smoking", but has been rewritten to include the transtheoretical model of change to help you get a better understanding of where you are in your journey or process of quitting smoking. The 9 best ways to quit smoking also includes a reminder of the different ways smoking can affect your health and body and the different individualized-changes you can make to your life-style to help you quit smoking on your own terms. Through this new book I will share with you 9 of the best ways to help you quit smoking, without becoming a nervous wreck or gaining weight, that are easy to apply and will certainly help anyone thinking of quitting smoking in the shortest time-frame.

Quit Smoking Without Gaining Weight

Quit Smoking Today

Stop Drinking Now

Clearing the air quit smoking today.

Quit Smoking Today Without Gaining Weight Header

Quit Smoking Boot Camp

***Presents the Easyway method for quitting smoking, based on a factual understanding of the harm of cigarette addiction and practical advice on how to successfully break the habit.***

***A guide for people who are trying to give up smoking but are concerned about weight gain presents a safe and simple program based on the latest research in metabolism, biochemistry, and smoking cessation***

***An easy way to quit smoking - by switching to a smokeless option - Are you sick of being judged because you smoke? - Is smoking affecting your reputation and your self-esteem? - Are you worried about smoking affecting the health of your loved ones? - Do you really need to quit, but love to smoke? - Do you dread suffering cravings without your smokes? - Are you worried about gaining weight? - Are you afraid to even try quitting again after so many failed attempts? In this controversial book one woman shares how she stopped smoking cigarettes - quickly and easily and without gaining weight. It is not a book about ending nicotine addiction. Rather, this quick little guide considers tobacco harm reduction by examining various smokeless options. The author - a smoker for over 40 years - was among the many smokers afraid to even try quitting after so many failed quit attempts. This is a no-fluff booklet (approximately 30 pages) where the author shares her reasons, decision making process, and her experience of becoming smoke free by switching. She offers tips and ideas for anyone that really needs to quit smoking, but believes they can't. An action checklist is included to help get you on your way if switching is the answer to your immediate need to stop smoking. Prefer to listen to this book in audio format? Readers can get a free mp3 audio version of this book, read by the author. The download information is provided on the Thank You page at the end of this book. Scroll up and grab your copy today!***

***COMPLETELY SUPPRESS YOUR SMOKING CRAVINGS WITHOUT EFFORT OF WILLPOWER WITHIN 4 DAYS MAXIMUM - OR THE TRIAL IS FREE! WHAT DO DOCTORS DO WHEN THEY WANT TO QUIT SMOKING? "I'm a doctor and I've been a chain smoker for 12 years. Then, on March 2, 1991, I discovered Allen Carr's method. I lost my craving to smoke the same day and I've never touched a cigarette since! As a throat surgeon, I can testify to the serious damage that smoking causes. Allen Carr's method is the only one I've been recommending for 28 years to my patients. I strongly believe that any smoker who wants to quit smoking should at least try it, especially now, as it's available in a new updated Pareto version." Dr R. Oliver MANY DOCTORS, WHO WERE ONCE HEAVY SMOKERS, STOPPED SMOKING THANKS TO ALLEN CARR. SO, IT'S NO SURPRISE WHY THEY RECOMMEND HIS METHOD TO THEIR PATIENTS: "MY DOCTOR RECOMMENDED IT TO ME as I broke down in tears in his office. I felt I just could not stop smoking. Today, I'm smoke-free and SO HAPPY!" Bernadette C., NY "MY DOCTOR RECOMMENDED IT, AS SHE WAS UNABLE TO QUIT WITH ANY OTHER METHOD EXCEPT THIS ONE. She didn't believe it would work, but it did." Michelle S., USA AFRAID OF WITHDRAWAL SYMPTOMS? OR GAINING WEIGHT? READ WHAT DR CARMEN G. ROMANIA HAS TO SAY: "I used to smoke. In my previous attempts, I did put on some pounds - and I started smoking again. But not with this method: YOU WILL NOT GAIN WEIGHT, NOT BE NERVOUS, NOT FEEL DEPRIVED, NOT ENVY SMOKERS. You will be free and happy." BEEN SMOKING FOR 10 YEARS OR MORE? A PACK OR MORE PER DAY? READ THIS: "After being a pack a day smoker for 20 years. SINCE I STOPPED SMOKING, I HAVE LOST 20 LBS AND FOUND THE WOMAN OF MY DREAMS." D. C., NYC, NY "AFTER BEING A SMOKER FOR 20 YEARS, IT'S BEEN OVER 11 YEARS SINCE I BECAME A NON-SMOKER and I don't miss it at all. I RUN ULTRA-MARATHONS NOW!" Marina D., USA "I QUIT A***

**3 PACK A DAY ADDICTION. IT'S NOW BEEN OVER 10 YEARS SINCE I'VE HAD A CIGARETTE. I'VE BECOME A HAPPY, HEALTHY FATHER, AND TAKEN UP 100+ MILE CYCLING RIDES. This system is amazingly simple and, best of all, it works." Mr. K. K., USA LIKE SMOKING TOO MUCH TO QUIT? READ THIS: "This is amazing to me, as I REALLY DIDN'T WANT TO QUIT SMOKING BECAUSE I LOVED IT SO MUCH. Still, I decided to give it a shot. 10 YEARS LATER, I'M STILL SMOKE FREE!! It was way easier than I ever dreamed it could be. I never used any drugs or other smoking aids." Kris J., WI "National 12-month Clinical Trial finds Allen Carr's Easyway almost TWICE AS EFFECTIVE AS OTHER SMOKING CESSATION METHODS AVAILABLE on Health Service." The British Medical Journal DID ALLEN CARR DISCOVER THE BEST METHOD TO QUIT SMOKING EVER DEVELOPED? Could so many doctors & 30 million happy ex-smokers be wrong? And, could the latest digest version of his method give even better results than the original versions? Read on... TRY THIS METHOD - RISK-FREE: Try the latest digest version of Allen Carr's easy way to stop smoking. Invest ONLY ONE HOUR to read it. If, by the end of the day (4 days max.), your craving to smoke has not completely disappeared without effort of willpower and without gaining weight. Or, if for any other reason, you are not 100% satisfied, then let us know and you will be completely refunded. Take advantage of our special offer "I quit in JAN2020" and get it for half price: only \$5,99 - instead of \$11,99 (ends January 31). Make one of the most important decisions - risk-free! Here's to a much happier, tobacco-free life! STILL SKEPTICAL? If you've already tried various ways to stop smoking without success it may sound strange that you can stop smoking just by reading a short book. But, what do you have to lose? And what do you have to gain? Now, the choice is yours.**

**A Practical Guide to Overcome Smoking, Stop Addictions and Build Confidence**

**Using Visualization, Hypnosis and Other Really Cool Tricks**

**Quit Smoking and Be Happy**

**A Simple Guide on How to Quit Smoking Forever in an Easy Way Without Gaining Weight Thanks to Dr Sebi's Method. Remove Mucus and Detox Your Body with the Alkaline Diet**

**I Know You Like to Smoke But You Can Quit Now**

**Without Gaining Weight**

READ STOP DRINKING NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway a global phenomenon. It has helped millions of smokers from all over the world. Stop Drinking Now applies Allen Carr's Easyway method to problem drinking. By explaining why you feel the need to drink and, with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES THE DESIRE TO DRINK ALCOHOL • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence" The Sunday Times Includes guided hypnosis CD.

Do you rely on smoking to keep your weight in check? Are you afraid to quit smoking because you're worried about gaining weight? Have you gained weight after quitting smoking...and gone back to smoking with hopes of losing the weight? If you answered YES to any of these questions, it's time to learn HOW TO QUIT SMOKING WITHOUT GAINING WEIGHT Based on the American Lung Association's smoking cessation program, here is expert advice on how to quit smoking in a healthy way that allows you to kick the habit without ruining your waistline. This groundbreaking book will show you: How quitting smoking can add years to your life Why vegetables and fruits are the most important foods to eat while you're quitting How to add more physical activity to your day Which foods to turn to during a nicotine craving How to stay motivated, even during tough times ...and dozens of other strategies that can help you to work with your cravings -- instead of against them -- to attain a healthy and fit smoke-free life. Includes meal plan suggestions, recipes, and snack ideas!

This beautifully designed educational eBook thoroughly explains the very BEST STRATEGY to QUIT SMOKING – sustainably and without gaining weight afterwards. You need 7 days at home and some inexpensive things – if you follow our instructions, you will have this behind you quickly while learning a lot about your body and how the urge for smoking and food are connected. We will just FAST it away in 7 Days! It is known to humanity since AGES that fasting gets you off many bad habits, cleans your body and clears your mind. Due to our clear focus, we we will be using some HELPERS to make it easier for you. But it is important that we truly do not take in ANY FOOD – just WATER, occasionally with some pressed citron added. After 7 days, your urge for smoking will be GONE completely – you will be clean. And because we use this method, you will also not gain weight, as so many people who quit smoking – because you learned about the connection between the urge for tobacco and for food. The author will accompany you. You will be going through this together with the author, who started smoking again half a year before he wrote the book – to be able to give you the best first-hand advice and because he is not afraid at all of this addiction anymore. His method always works and after 7 days with it, EVERYBODY should be clean. HOW? Read our eBook. WE HACKED SMOKING CESSATION! // Quit smoking / Stop smoking / Smoking cessation / Nicotine / Life hack / Health / Addiction Doctor Sebi

A Step-by-step Process to Quitting the Smoking Addiction (All You Need to Know to Stop Smoking and Includes Medication)

Quit ° Smoking in 7 Days!

Finding Freedom, Health and Joy Without Cigarettes

The 7-Step Process to Help You Quit Smoking Without Gaining Weight

Quit Smoking in Nine Days

**Are you ready to quit? Would you like to make your life happier, healthier and wealthier? There is a way to stop smoking cigarettes that is simple, stress free and permanent. Combining the latest research with simple and practical techniques, this groundbreaking book provides a new approach that will allow you to stop smoking once and for all. Quit for Life will: give you new insight into why so many people struggle to quit, and how you can avoid that struggle explain the true nature of nicotine addiction, and how easy it can be to overcome introduce you to Mindfulness – a quick, simple and highly effective technique for dealing with any cravings or other uncomfortable sensations that may arise once you stop smoking allow you to quit smoking without gaining weight help you to remain a happy, stress-free non-**

*smoker for the rest of your life So if you've has enough of being a smoker, now is the time for change. Quit for Life will help you stop smoking – simply, without stress, forever. Visit the website [quitforlifethebook.com.au](http://quitforlifethebook.com.au)*

*This book is meant to help all of you out there who are ready to burn out that addiction and the habits associated with it. Have you tried all sorts of 'stop smoking' methods, which led to disappointing results? So had i...but then i figured out a simple way to slowly eradicate the hold that smoking had on me. This book gives you step-by-step ways to do what i did. I hope it helps you like it helped me. In this book you'll learn: - Why smoking is so hard to quit - Why trying to quit smoking makes you vulnerable to weight gain - If you can be hypnotized - How to quit for good without gaining weight - How to take back control over your health - How to take back the time and money you've been wasting - How quitting smoking can help you enjoy better personal relationships Nicotine addiction is the fundamental reason that individuals persist in using tobacco products, and this persistent tobacco use contributes to many diseases. Cigarettes and other forms of tobacco are addicting.nicotine is the drug in tobacco that causes addiction.the pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.*

*Do you want to quit smoking forever in an easy way? Are you tired of trying to quit smoking and failing every time? If yes, then keep reading! We all know how frustrating it can be to try to quit smoking, and fail, how stressful it is to do it for days or even months, and then fall back into temptations caused by stress or other factors. Even more frightening is the fear of gaining weight once you do it. Over 1 billion people in the world smoke (roughly 20% of the world's population) and a study says that over 65% have tried to quit in recent years without success. Fortunately, Dr Sebi has found a revolutionary way to quit smoking, detoxify the body, and eliminate the hunger that leads to weight gain. In his decades of healing practice, he has managed to harness the power of some miraculous herbs. This eventually allowed many of his followers to quit smoking without relapse, and undesired weight gain. Here's a quick peek of what you will find inside this book: The step-by-step Doctor Sebi's Plan to stop smoking The best foods to eat during the diet 7 Tips and tricks on how to relieve withdrawal symptoms How much you can save weekly 8 Secrets on How to Quit smoking without gaining weight Extra Bonus: 21 mouth-watering detox recipes And much more! Tobacco smoking is one of the most severe public health problems globally and is responsible for the deaths of 6 million people each year. But you have absolutely nothing to worry about! With this Simple Guide, you will learn everything you need to know to quit smoking naturally without stress and relapses. Ready to get started? Click BUY NOW to get started!*

*Do you smoke one cigarette after the other, and wish you could find a way to quit? This is the no-nonsense guide you need to read so that you can stop smoking forever. Diseases, bothering other people, coughing, always feeling unhealthy; nothing good comes from smoking, and yet you can't seem to stop. It's 2019, and 'I don't know how' is just not an excuse anymore. Your health and your life are on the line. It's time to say goodbye to your addiction. In Stop Smoking, I take you through a step by step process that will convince you to stop and then teach you how to make that stick. Your body is desperate to be healthy again. That is why this guide is going to be the turning point for you, the final stop on your road to being a non-smoker!In this step by step guide you'll discover: -Why you should quit smoking right now (not tomorrow)-How smoking affects your body, mind and those around you-How to prepare for the day you quit forever-What you can expect when you quit, and how to fight back-What your smoking triggers are, and how to change them-How to manage the side effects after you quit (don't gain weight!)You always knew the day would come when quitting stopped being a concept, and became a reality. This is that day. I'll teach you how to break the habit and embrace good health.Begin the process of being healthier and happier - and breathe easy for the first time with these expert tips. Making this decision is the hard part. Then all you have to do is focus on letting go!Become a non-smoker with this easy to use guide. Buy it now, and stop smoking!Our Book Covers the Following Topics: - Stop smoking - Stop smoking books - Stop smoking now - stop smoking forever - stop smoking hypnosis - smoking cigarettes - Quit Smoking Hypnosis*

*How to Quit Smoking in a Safe, Lasting and Easy Way - the DEFINITIVE HANDBOOK*

*Can't Quit? Then Switch!*

*Allen Carr's Easy Way to Stop Smoking*

*Stop Smoking Easily*

*Be a Happy Non-smoker for the Rest of Your Life*

*How to Stop Smoking Made Simple Without Gaining Weight Using Dr. Sebi's Alkaline Diet*

We all know the health risks of smoking, but that does not make it any easier to quit the habit. You can quit smoking with a little help. This book will take you through the stages of quitting smoking step-by-step. You will learn how to get ready, how to quit, and how to make sure that you do not relapse. You are probably at the stage where part of you wants to quit smoking, but part of you does not. Maybe you are worried about withdrawal, or afraid that you will fail. Put those thoughts aside for now. Focus on why you want to quit, and that will give you the motivation to succeed. The good news about smoking is that it does not matter how much you have smoked or how long you have smoked. If you quit now, your body will begin to repair itself and will take care of you even after years of neglect.

You Really Can Quit - Now. This quit smoking best-seller has been translated into 10 languages and over 100.000 smokers have quit with it. Of course you like smoking; otherwise, it wouldn't be so hard to quit. Only when you truly understand why you smoke is it possible to stop smoking without feeling like you're giving up something. "Every smoker has his or her own personal beliefs, fears, and questions about quitting. This interactive coaching program, including the book, and a personalized app will support you in every aspect, every step of the way. I don't expect that every reader has already decided to quit smoking. This decision happens when questions are answered and fears are alleviated, and that's what this program is designed to do,"says author Andreas Jopp. For those who are ready to quit, or ready at least to consider it, here is a modern handbook with a fresh approach. Gone are the days of quitting by willpower alone! Using the latest findings in addiction research, Jopp explains the thought patterns that keep millions from trying to and details the most successful strategies for quitting. Divided into 30 chapters (which can be read one per day leading up to quitting day, or at the reader's own pace), the book

presents an appealing mix of evidence-based research and insight and guidance informed by Jopp ?s experiences as both an ex-smoker and a health coach who has already helped many thousands of smokers to stop smoking. Jopp never loses sight of what is most important for smokers to understand: exactly how nicotine induces both physical and psychological dependence and by knowing all this, how to break free.

Additionally, readers can download a free mobile app that lets them track and share their progress. Andreas Jopp ?s comprehensive approach and straightforward guidance will help anyone kick the habit for good! DO YOU LIKE SMOKING? How does nicotine change your brain and your feeling of satisfaction? How do additives makesmoking even more addictive? SMOKING AND THE MIND Why do smokers have more frequent mood and concentration swings? Why do you smoke more when you're stressed? Why do you think smoking relaxes you? Does smoking really make you more alert and concentrated Are ex-smokers less happy than smokers? BECOME A NON-SMOKER WITHOUT GAINING WEIGHT Are smokers really thinner than non-smokers? Why does the nicotine addiction persist if you eat a lot of sweets? How can you readily maintain your normal weight once you have quit smoking? To download Non-Smoking Hypnosis MP3: [www.nichtraucherin30Tagen.de/english](http://www.nichtraucherin30Tagen.de/english)

?? DOWNLOAD THE BONUS FOR FREE (+53 EXERCISE CARDS INCLUDED) Are you obsessed with cigarettes? Have you ever tried to quit smoking without resigning yourself to the idea? Have you quit smoking but got weight? You don't know how to live without a cigarette, you can't concentrate, do you crave and experience social discomfort without it? Can't stop smoking? Are you compulsive and without loneliness? Have you undergone an anti-smoking treatment? Have you already read a famous book without success? ?? Quitting smoking has never been so concrete and lasting. Unlike Allen Car's overrated It's Easy to Quit Smoking, QUIT SMOKING EASILY the Definitive Handbook provides the most comprehensive structured and effective path that exists in the market. BY FOLLOWING THE BOOK YOU WILL LEARN: How to get rid of the cigarette in a simple, lasting and effective way Anticipate knowing, anticipating and understanding the triggering moments and defusing them before they occur Quit smoking and achieve a healthy weight without gaining weight Improve your health in general and improve physical and mental performance Become, revert to being a non-smoker (you will not be an ex-smoker) By reading the book you will go through these STEPS: AWARENESS In which you will learn and discover a lot about yourself and the relationship with the cigarette DETERMINATION In which you will develop the energy to leave effectively ACTION You will take the correct and timely actions to get immediate benefit REFURBISHMENT you will cement your new non-smoker behaviours The author will follow you step by step just as he was with you. Inside, you will find the cards that you could fill in and that will help you get rid of this evil. You will finally be free!

Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? THEN LET PAUL MCKENNA HELP YOU! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

How to Build the Right Mindset & Habits Easily to Quit Smoking Easily!

Dr Sebi to Stop Smoking

How To Stop Smoking And Stay Stopped For Good

The Fast-Track to Quitting Smoking Again for Good

The Smoking Cure

Quit for Life

Finally! A methodical way of quitting smoking forever that doesn't require special drugs, gimmicks, or even replacement techniques. Worldwide, cigarette smoking causes up to 5 million fatalities every year. It is estimated that 1 out of every 13 people under age 17 will die prematurely due to smoke-related illness. Now is the best time to stop! This program uses a 9-day system to eliminate harmful toxins from your body and take you back on the road to a healthy, well-balanced lifestyle without gaining weight. It is easy to implement within any lifestyle and you can start today! This book will guide you day-by-day on this challenging journey, taking you through each step as your body adjusts to eliminating the cravings starting from day one. No other program comes close! Here are a few things you will find in this book: - Alternative methods to quitting - The effect of smoking on your body - Benefits of quitting - What to expect during the program - Complete 9-day program, including healthy day-by-day menus - How to deal with stress during cravings Start immediately and get back on the road to a healthy smoke-free life!

The Compass Health Transformer Quit Smoking

How I Stopped Smoking Quickly and Easily Without Gaining Weight

The Easiest Way to Quit Smoking for Life Without Gaining Weight

The Easy Way to Quit Smoking

>> The 7-Day Spartan Shortcut Strategy // How to quickly quit smoking sustainably ...  
fully revised and updated