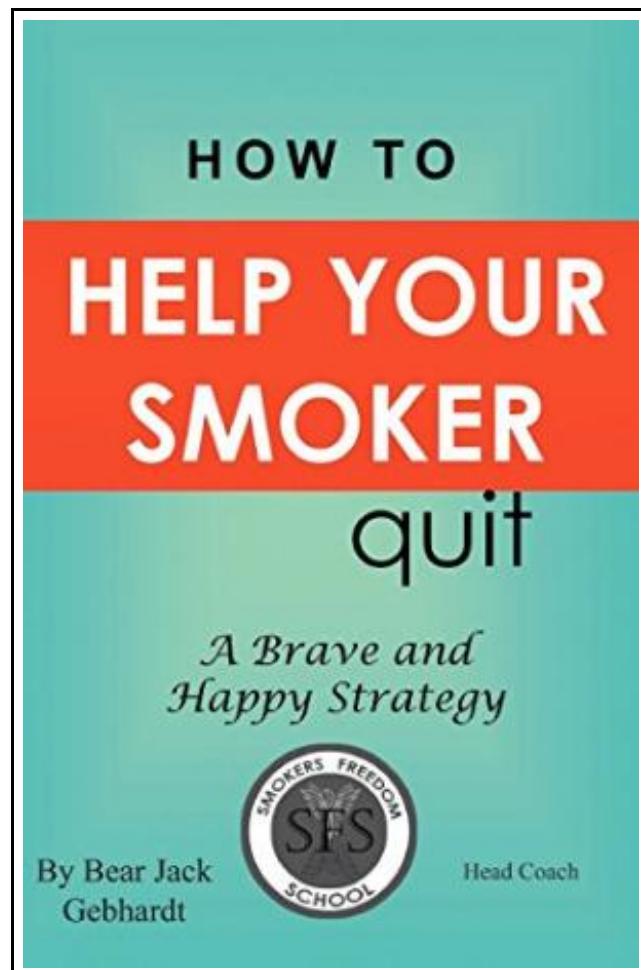


How To Help Your Smoker Quit



Filesize: 3.2 MB

Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Anabel Zemlak)

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Seven Traditions Press. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 8.3in. x 5.5in. x 0.5in.Your Smoker (Secretly) Wants Your Help! This book teaches a simple, radically peaceful and non-threatening approach to helping your smoker quit. This book shows you what kind of help your smoker wants from you and, more importantly, what you need for yourself in order to better love your smoker better and inspire and support your smokers quit attempts! Is this book a magic bullet or miracle cure for smoking Sorry, no. (Nobody yet has such a cure.) But does this gentle approach actually work to help your smoker quit, much, much better than nagging, complaining, threatening or ignoring Absolutely yes! In this book you will learn how to: Not fight with your smoker about smoking (and why not!) Talk with your smoker about smoking, without causing defensiveness Actually laugh with your smoker about this goofy habit Ask the right questions, at the right time, to make a real difference Experience more freedom from tobacco in your own life Experience more peace about tobacco in your own life. Gently bring this same peace and freedom to your smoker Bear Jack Gebhardt has been called The Tiger Woods of the stop smoking game! He is the author of four books, including the international classic, The Enlightened Smokers Guide to Quitting and most recently, Practicing the Presence of Peace. He presented his cutting edge research at both the World Conference and the National Conference on Tobacco or Health. Bear is funny and bright and absolutely spot on. THIS BOOK COULD SAVE NOT ONLY YOUR SMOKERS LIFE, BUT YOURS AND OTHERS! IF YOUR SMOKER SMOKED TODAY, BUY THIS BOOK TODAY! I was so surprised when, after I quit nagging (following your advice) my husband decided to sign up...

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