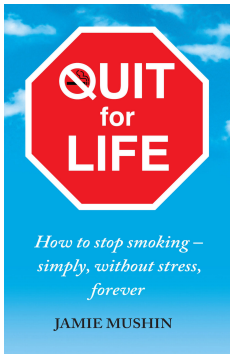


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## QUIT FOR LIFE EBOOKS 2019



Author: Jamie Mushin

Release Date: Expected @@expectedReleaseDate@@

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)

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