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## QUIT SMOKING EBOOKS 2019



Author: Cheryl Rezek

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This book explains how mindfulness can help you to kick the smoking habit and control your thoughts and emotions in a more balanced, accepting way. It presents a short history of mindfulness, and includes specific research on how mindfulness can aid people who smoke. Includes step by step exercises and practices. Topics include: Why do I smoke? The stress response The addiction No magic remedy How to make the changes you want Living in the now Stop and be mindful Caring for yourself Staying committed Challenges to recovery Reap the rewards

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