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QUIT SMOKING HOW TO BE A NON SMOKER EBOOKS 2019



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QUIT SMOKING How to be a Non Smoker is a quick and practical guide to help you stop and quit smoking. When we say simple we mean it. No long theoretical explanations and why's where's. Just simple easily implemented how's. Lots of pictures for all those people who don't like a lot of words and set out in an easy to follow 3 step process. It can be used as a standalone resource to help you prepare to quit smoking and to keep you on track, but it does recommend using hypnosis as an adjunct resource and points you to easily accessible and optional hypnotherapy on the author website www.fabianfoley.com

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