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QUIT SMOKING IN 3 EASY STEPS EBOOKS 2019



Author: Steven Case

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Nicotine addiction is caused by your belief that YOU need a cigarette. That is just not true. You didn't need a cigarette before you started smoking and with the help of this book, YOU will realize that you don't need it now.

3 easy but powerful exercises will reprogram YOUR brain and change the way YOU view cigarettes.

The only true way to ensure that YOUR QUIT is permanent is to change how you feel about smoking. This way we will also eliminate those dreaded withdrawal symptoms. YOUR brain is the most powerful tool in YOUR disposal and it is time to use it to YOUR advantage!

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