



## 12 Things to Do to Quit Smoking Good Things to Know

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By Heath Dingwell

Turner. Paperback. Book Condition: New. Paperback. 179 pages. Dimensions: 6.4in. x 5.5in. x 0.6in. Smoking stinks. It also kills. Over 100, 000 people in the United States die from smoking-related lung cancer every year, yet millions find it difficult to quit the deadly addiction every time they light up. Using the latest research, 12 Things to Do to Quit Smoking can help you develop the best action plan so you can kick the habit for good. In this simple how-to guide, you can learn: -What it is that makes smoking so addictive-The benefits and downsides to quitting cold turkey -The latest treatments that have been proven to work, including natural approaches-How to deal with your withdrawal symptoms This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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