



I Know You Like to Smoke, But You Can Quit Now: Stop Smoking in 30 Days

By Andreas Jopp

Experiment. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 7.9in. x 5.1in. x 1.0in. You Really Can Quit Now. Book, Interactive Online Program and App. Of course you like smoking otherwise, it wouldn't be so hard to quit. Only when you truly understand why you smoke is it possible to stop smoking without feeling like you're giving up something. Every smoker has his or her own personal beliefs, fears, and questions about quitting. This interactive coaching program, including the book, online program, and personalized app will support you in every aspect, every step of the way. I don't expect that every reader has already decided to quit smoking. This decision happens when questions are answered and fears are alleviated, and that's what this program is designed to do, says author Andreas Jopp. For those who are ready to quit, or ready at least to consider it, here is a modern handbook with a fresh approach. Gone are the days of quitting by willpower alone! Using the latest findings in addiction research, Jopp explains the thought patterns that keep millions from trying to quit and details the most successful strategies for quitting. Divided into 30 chapters (which can be read one per day leading...



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