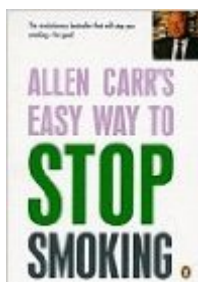


The book was found

Easy Way To Stop Smoking (Penguin Health Care & Fitness)



Book Information

Series: Penguin Health Care & Fitness

Paperback: 128 pages

Publisher: Penguin Books Ltd; 2Rev Ed edition (1991)

Language: English

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Product Dimensions: 5.8 x 0.3 x 8.3 inches

Shipping Weight: 5.6 ounces

Average Customer Review: 4.8 out of 5 stars Â Â See all reviewsÂ (100 customer reviews)

Best Sellers Rank: #1,984,226 in Books (See Top 100 in Books) #312 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking

Customer Reviews

"I'm 37 and have been smoking for about 20 years, 20 a day. For the past year I've slowly been realising that I should stop but felt trapped, that I couldn't give up, I'd tried before and failed, each time becoming more convinced that I could not escape."That was what I thought 9 months ago - then I read Easyway and have never touched tobacco since. I still go out socialising and drinking with people who smoke, I still have a life and job that is sometimes stressful but I have never even been even slightly tempted to light up. Everything the book said turned out to be true; I am a happy ex-smoker.The NHS should give this book out for free, anyone who smokes knows that the TV ads with those poor people dying or health warnings or pictures of damaged lungs do not convince people to give up, they certainly didn't make me stop, I just ignored them or changed channel.I decided not to write a review right away but to give it some time and see if it continued to work, if anything it has got easier as the months passed by. At the time I bought the book I read lots of .co.uk reviews and still didn't believe it could work like this for me. It's beautifully simple, no gum, no patches, no scare tactics, its not about why you should stop, more like why should you continue, all you have to do is read to the end*When I decided to buy it I thought "it's worth a try", now I don't miss cigarettes, quite the opposite, I wish I had read this 10 years ago. I was highly sceptical but decided it wasn't much money to risk, now I think it's probably the best buy I'll ever make in my lifetime.*One word of caution - although the book is not especially long I stopped reading partway only to pick it up again a couple of weeks later.

I thought I'd write a review of this book, but I think maybe it would be more revealing and sincere if I just paste a letter I wrote to a loved one about it. I had sent her a new copy of the book after it worked for me, and she wrote expressing that fear of quitting we all felt whenever we're contemplating quitting (or being somewhere where it was impossible to smoke for a few hours - oh the horror!) Dear Jane, Believe me when I tell you, the worst part about quitting is the FEAR of quitting. This book encourages you to smoke while you read it, and it won't "make" you do anything you don't want to! If you don't feel like quitting, you don't quit, no big deal! But those cigs are doing a real number on your brain, they are convincing you that you are afraid of life without them, life just won't be as enjoyable, you can't imagine never smoking again, etc. But don't be afraid to read the book! Like I said, if you want to still smoke, you do! There are no guilt trips at all. You may think I was better suited for it because I had quit before, but let me tell you, I think I was WORSE off because all it accomplished, all those failed attempts did, was to CONVINCED me I could NEVER live my life without cigarettes! I was still dying for one over a YEAR later, just coasting along on willpower and totally failing and making myself go insane! I would pick fights with John so he would say, "Oh go have a cigarette for heavensakes!" I couldn't live the rest of my life like that, no way!!! Who could?! It's inhuman, WAY too much suffering! So, I'd start smoking again. The thing about this book is it makes you a NONsmoker, like you were BEFORE you ever started!

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