

Stop Smoking: Why? How? And Right Now!

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Quitting smoking is difficult. Should we cut down gradually or set a date to stop completely? How do we feel when we stop? Are there withdrawal symptoms? How do we stop smoking effectively? In Jake Curry's spotlight booklet 'Stop Smoking: Why? How? And Right Now!'; these questions are answered plus much more - he provides simple, clear, effective and informative tips about the right ways to stop smoking. If you are looking to kick the smoking habit this concise booklet has the exact information you require and without fluff or expense.

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