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Why Did You Start Smoking Again?



Synopsis

Stopping smoking is marvellous Starting again is depressing Finally ending this never-ending cycle is simply DIVINE This book will be of special interest to anyone who managed to stop smoking with Allen Carr's excellent book "The Easyway to Stop Smoking" but started again. Does this refrain sound familiar to you? "I feel so angry with myself and so frustrated. How could I have been so stupid? I re-read Allen's book several times but it doesn't seem to help. I'm desperate. What can I do?" If it does, then this is the book for you. You like every other human being were born a non-smoker. What's more, you never decided to become a smoker for the rest of your life; all you did, like millions before you, was to try a couple of cigarettes. Then one day it dawned on you that you couldn't stop - somehow you had become addicted. Now you simply can't imagine life without smoking; in fact the very idea of never smoking again probably makes you anxious but you are feeling increasingly sick and tired of having to smoke. Sick and tired of being a slave to nicotine and the tobacco/nicotine industry. Maybe like many others, you stopped smoking, were happy as a non-smoker, but for reasons which sounded good at the time and now seem absurd, you lit a cigarette or a cigar, believing that somehow this time you could control it. Now you're smoking the same as before or even more. The time that you spent not smoking seems unreal - a distant dream. Perhaps you're one of the millions of smokers who stop every night and start again every morning. Whatever your story or experience, Geoffrey Molloy will help you put an end to this energy-sapping, morale-crushing cycle and guide you to freedom, helping you regain control of your life. Geoffrey Molloy has spent eighteen years (eleven of those in collaboration with Allen Carr) helping thousands of smokers free themselves from the thrall of nicotine addiction. He uses his immense experience, insight and eclectic sense of humour to engage his clients, free them of their addictions and recover their lives. More than 700 corporations have adopted his stop smoking, alcohol or anxiety management programs and he contributes frequently to radio, TV and printed media.

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Customer Reviews

I read Allen Carr's book 4 times and I must not have clicked with it or something so I followed up with this book. I read it once. I waited a week or so and just put the cigarettes down. I have thumbed back through it for some follow up inspiration/advice. I am so thrilled to say that I am a non smoker!! I actually had little to no withdrawal symptoms. I was so hyped to stop that they were not noticeable. Please read!!

The author's message packs quite a punch due to his personal involvement with quitting. He definitely understands and knows the smoker inside and out. I experienced some great 'AHA!' moments when preconceptions were turned on their head. My viewpoint was totally changed!! I would highly recommend this book to all smokers looking to regain a healthier perspective!! Really helpful.

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