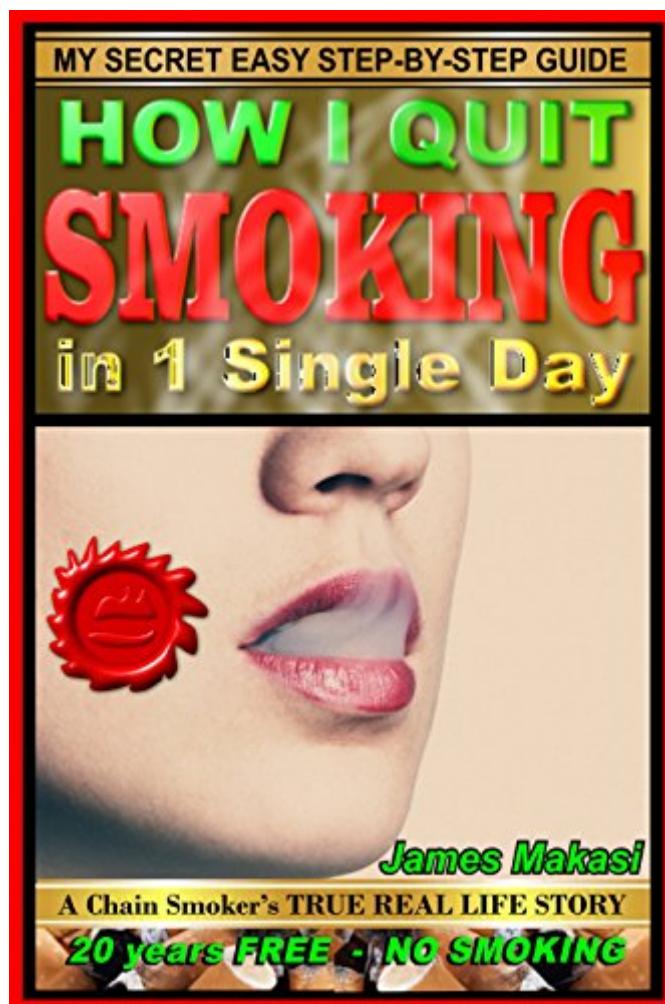


The book was found

# How I Quit Smoking In 1 Single Day: A Chain Smoker's True Real Life Story (Stop Smoking)



## Synopsis

Do you feel powerless, distressed, incapable of overcoming the urge to light a cigarette? Have you heard about this method which has helped this writer to magically kick the habit of lighting 50 cigarettes a day in a single Day? ?  You should read this book in which the writer shares his remarkable and safe method. He believes in sharing with you his revolutionary way of overcoming this nicotine habit. He shows you how to stop feeling powerless, alienated and dejected because you can't stop smoking. He explains convincingly why you can't be left behind and why you shouldn't miss out in becoming cured of this tobacco habit and lead a healthy, fit lifestyle. The secret way is revealed in this book as the writer takes you on a journey and tells you what no one else tells you. It is a convincing, startling and compelling read. You will stop feeling trapped, doomed, incompetent and fatigued by your failure to give up smoking. The book offers you a quick, safe and remarkable solution to instantly improve your life and be happy. This book sets out to help you get results. Written in an easy to follow step-by-step style, this self-help book makes you want to end your smoking career now for good, and be on your way to recovery, for life. With this method, the desire for a quick smoke will soon become a thing of the past...your self-esteem, inspirational self will encourage you to follow a good diet. It is not important now why I was smoking 50 cigarettes in a single day, nor does it matter as to why I decided to give up my habit of lighting cigarettes. What matters most is how I managed to free myself from this nicotine bondage for life. I am now a non smoker. In twenty years I have not touched a single cigarette! You will (like the author promises) be able to: Stop abuse of tobacco in one day, and free yourself for life Stop smoking by learning the easy way Stop depending on a life-threatening drug and change your lifestyle Start living a happy and healthy life without stress Start a new hobby you enjoy and end up excelling in it. (The writer took up the martial arts sport and obtained a black belt!) Set yourself free from the hazards of tobacco smoke, detox and be fit and healthy again This book approaches the challenges of smoking in a very unique way, as the writer shows how he took a different look at smoking and ended up kicking the habit in just 24 hours! NO magic, no fancy stuff. Just plain and straight forward natural approach to transforming himself from being a junkie to a fitness fanatic. All in a good self-reproachful way. By giving up, using this easy way you will. Nicotine is an addiction which robs you of your life if you don't stop. Take this bold step and change your life for the better. Read this personal account from someone who years ago didn't hesitate to go through fifty sigs daily.  Believe it or not this simple secret method did wonders for me. You know what; I haven't touched a cigarette in 20 years! Yes, twenty tobacco-free years! Read how I went from smoking 50 cigarettes a day to smoking nothing, none -

zero cigarettes! No patches, no gum, nothing. My secret but very simple method lies inside this book. After 20 years without craving for a smoke, I have decided to share it all with you in this book. With my secret proven method you will be cigarette-free for life. Yes, it only takes One Day! One day, and you're done with smoking for good. Just follow my easy steps and join me in a smoke free life! ☺

## Book Information

File Size: 662 KB

Print Length: 58 pages

Publisher: Mascoin Publishers (April 4, 2016)

Publication Date: April 4, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01DURR4A8

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #831,200 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18  
in Books > Children's Books > Growing Up & Facts of Life > Health > Substance Abuse #95  
in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Tobacco #204 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking

## Customer Reviews

I loved this book!! It gave me the reality check and kick in the butt (pardon the pun) that I needed. I quit the day after I finished the book. Now I read a few pages each morning to keep me focused and committed to my quit! It also has lots of humor and is a quick read..totally written from a true former smokers perspective!

[Download to continue reading...](#)

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop

Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) Electric Smoker Cookbook Smoke Meat Like a PRO: TOP Electric Smoker Recipes and Techniques for Easy and Delicious BBQ (Electric Smoker Cookbook, ... Smoker Recipes, Masterbuilt Smoker Cookbook) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) The Unofficial Masterbuilt Smoker Cookbook: A BBQ Smoking Guide & 100 Electric Smoker Recipes (Masterbuilt Smoker Series) (Volume 1) Unofficial Masterbuilt® Smoker Cookbook: A BBQ Smoking Guide & 100 Electric Smoker Recipes (Unofficial Masterbuilt® Smoker Recipes) The Unofficial Masterbuilt® Smoker Cookbook 2: A BBQ Smoking Guide & 121 Electric Smoker Recipes (The Unofficial Masterbuilt Smoker Cookbook Series) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Pitmaster: 25 Best Smoking Meat Recipes That Will Impress Any Barbecue Fan (BBQ, Barbecue, smoking meat, Grilling, Pitmaster, smoker recipes, Smoker Cookbook) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook: Simple and Delicious Electric Smoker Recipes for Your Whole Family (Barbeque Cookbook) (Volume 1) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook: Simple and Delicious Electric Smoker Recipes for Your Whole Family (Barbeque Cookbook Book 1) Masterbuilt Smoker Cookbook: The Ultimate Masterbuilt Smoker Cookbook → Simple and Delicious BBQ Recipes For Your Whole Family (Electric Smoker Recipes) The Unofficial Masterbuilt® Smoker Cookbook 2: A BBQ Guide & 121 Electric Smoker Recipes (The Unofficial Masterbuilt Smoker Cookbook Series) The Illustrated Easyway to Stop Smoking: A Smoker's Guide to Just How Easy It Is to Quit Masterbuilt Smoker Cookbook: Top Electric Smoker Recipes for Easy and Tasty BBQ Smoking

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)