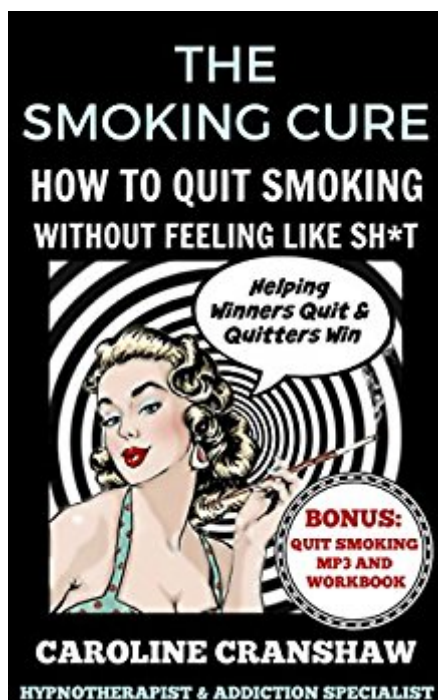


The book was found

The Smoking Cure: How To Quit Smoking Without Feeling Like Sh*t



Synopsis

The Smoking Cure How to Quit Smoking Without Feeling Like Sh*t Bonus: Workbook and Stop Smoking Relaxation Download Let's be honest. When it comes to quitting smoking, going cold turkey is not only hell but most of the time, it doesn't work. We start out with the best intentions, but once the withdrawals set in, we feel so awful we give up and start smoking again. Change Your Brain Chemistry, Body and Mind to Stop Smoking for Life If you are ready to stop smoking for good without feeling like sh*t, you need a different approach. After overcoming her own addiction to smoking and working with thousands of clients, Addiction Specialist and Hypnotherapist Caroline Cranshaw has created a proven, seven-step process to help you understand your addiction to nicotine, get rid of your excuses, address the imbalances that are at the core of your addiction and become a non-smoker for life while feeling better right from the start. Caroline takes you step by step through the process of quitting smoking, helping you to create a plan that will help you overcome your addiction to smoking for good. Without feeling like crap... She also helps you address the underlying reasons you are addicted, gives you the tools to be committed, deal with withdrawals and navigate the issues that come up after you quit. Here's just some of what we will cover to take you step by step through the process of quitting smoking for good, without gaining weight, suffering insomnia, or without being riddled with cravings and anxiety.

Step 1: Awareness - Why It's Been So F#*king Hard To Stop
Step 2: Insight - How Your Excuses Are Keeping You Stuck
Step 3: Identify Your Triggers and Associations with Smoking
Step 4: Commitment - Time to Make a Vow
Step 5: Nutritional Supplements to Balance Your Brain Chemistry
Step 6: Clean Up - Preparation for Quit Day
Step 7: Tools and Techniques The Action Plan - Putting It All Together What to Expect and Tips to Get You Through Solutions to Common Issues After Quitting

Other key issues this book addresses are addiction, brain chemistry, neurotransmitters, impotence, sexual issues, alcohol and other smokers, hypnotherapy, tapping, EFT, anger, anxiety, panic, dopamine, lizard brain just to name a few....

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Customer Reviews

A "smoking" book. It is poignant w/out being redundant w/ old scoldings. Refreshingly inviting to admit the solution is not easy, but offers a well secured path. Title sounds more graphic to some than read is. Loved the supplement section and diversions. Cranshaw has been right there with us.

Helped a lot. Quit 12 days ago...and counting. Would recommend.

This is quite Simply the very best 'how to...' Book I've ever read. The fact that it's about quitting cigarettes is an added bonus. The way Caroline walks the reader through her processes for quitting are thorough, easy to follow and the bonus workbook and MP3 is genius! If you seriously still can't quit smoking for good after you've read this book then your only other option is having someone lock you in a room or locate you to a smoke free desert island for a few months.

I really loved her style of writing. Only day 3 since I started reading and I've cut the number of cigarettes I have a day in half. Changing your perspective on things can really make a difference. My cravings/subconscious is Gretchen the gecko and she is a beezy! Very informative on supplements to curb cravings. I plan on purchasing them later today and my quit date is in a month. Will update then.

The thing that I enjoyed the most about this book, and what separates it from other quit-smoking related sources I've come across, is the fact that the author presents the information in a

very straightforward, no-BS kind of way. Caroline Cranshaw doesn't waste time beating around the bush and instead focuses on getting right to the point in an honest and direct way. Anyone that's tried to quit before will know how hard it truly is and will be aware of the kind of dedication it costs, the author is clearly not ignorant to this fact and it shows through the refreshing style of writing that doesn't rely on babying the reader or hand-holding whatsoever. This is the type of book for people who are truly ready to kick their smoking in the butt and take initiative far from a mindset based on excuses and "I'll start tomorrow" thoughts. Definitely recommend it.

Excellent recommendations as far as supplements to take to minimize withdrawal symptoms. Unlike many other quit-smoking resources, the author doesn't JUST focus on ways to distract from cravings, but actually recommends ways to REPAIR the brain and body after the damage caused by smoking. I plan to quit soon. I've already purchased my supplements, so I look forward to putting the actions in this book into practice and finally kicking this habit.

I bought this because I already take some supplements, and wanted to see the recommendations for supplementation that are in this book. I am taking pretty much everything she recommends, with a couple of useful exceptions. And I like her exercises. It's a useful book, and down to earth. The author is very transparent about her own struggles and her language is accessible and understandable. The book is really helpful in terms of why addictions are so hard to kick (at many levels, including some that were new to me), why they're not merely an issue of will power, and how to nurture, not judge, oneself when trying to make positive change.

This book offered many practical ways in which to tackle addiction, not just smoking. I was especially appreciative of the sections on tapping and patching. I had tried this before but unsuccessfully. The clear directions were very helpful. Also, I like the informal way in which the book is written. I would heartily recommend it for anyone dealing with addictions.

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