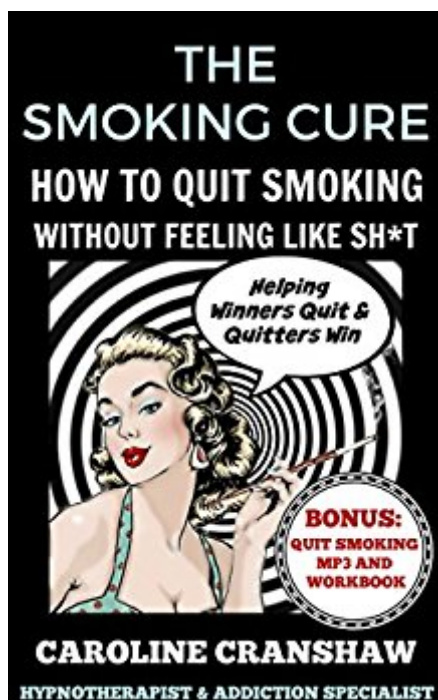


The book was found

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



Synopsis

The Smoking CureHow to Quit Smoking Without Feeling Like Sh*tBonus: Workbook and Stop Smoking Relaxation DownloadLetâ€™s be honest. When it comes to quitting smoking, going cold turkey is not only hell but most of the time, it doesnâ€™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 Lifelf 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 QuittingOther 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....

Book Information

File Size: 1612 KB

Print Length: 193 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 16, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01M148WMN

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #265,995 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Tobacco
#51 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #1056 inÂ Kindle
Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies

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 IÃ¢Â™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.

[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 Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) The Smoking Cure: How To Quit Smoking Without Feeling Like Sh*t 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: 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) 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) 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,) Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) How to Quit Without Feeling S--t: The Fast, Highly Effective Way to End Addiction The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help