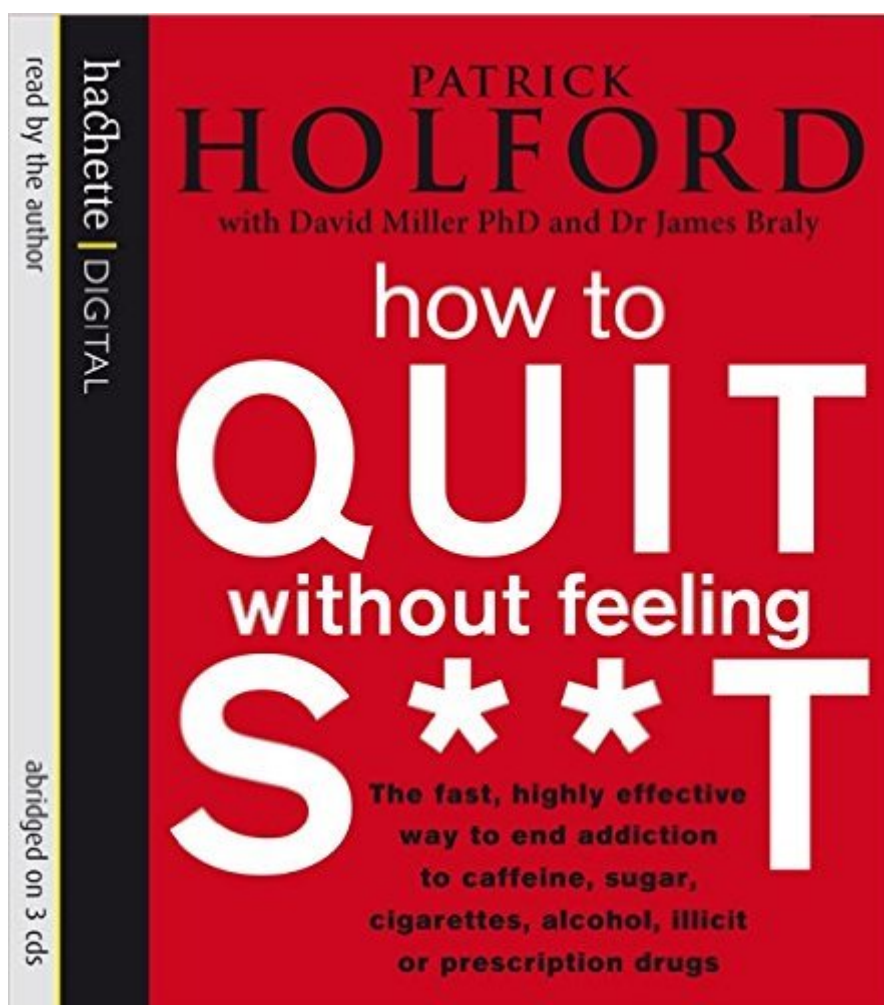


The book was found

How To Quit Without Feeling S**t



Synopsis

This groundbreaking audiobook from the UK's leading spokesman on nutrition looks at why millions of people have cravings for substances such as coffee, sugar and alcohol, as well to drugs such as sleeping pills, antidepressants, marijuana and cocaine. It uncovers how the brain becomes addicted and how it can be 'unaddicted' through a combination of diet, supplements and lifestyle factors. The audiobook is written in association with Dr David Miller, who has worked in the addiction field for 25 years and is an expert in relapse prevention. It looks at each of the most common substances that people become addicted to and offers specific advice on how to tackle that particular substance safely and effectively yourself. In-depth yet practical and accessible, **HOW TO QUIT WITHOUT FEELING S**T**, will allow you to understand why you feel the way you do, whether you have a dependency or have already given up but still feel lousy. It includes an action plan for becoming addiction free - without suffering the deeply unpleasant symptoms of withdrawal that most addicts believe they must go through.

Book Information

Audio CD: 176 pages

Publisher: Hachette Digital; Abridged edition edition (January 6, 2010)

Language: English

ISBN-10: 1405505125

ISBN-13: 978-1405505123

Product Dimensions: 5.1 x 0.6 x 5.1 inches

Shipping Weight: 4.2 ounces

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #3,448,344 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Nutrition > Caffeine](#) #522 in [Books > Health, Fitness & Dieting > Addiction &](#)

[Recovery > Smoking](#) #1596 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug](#)

[Dependency](#)

Customer Reviews

I don't usually write reviews, but this time I feel that it's very important for people to know that this book offers a REAL solution to addiction. I can't be grateful enough for having found it. It works, people, really, it works. I have tried so many times (at least 20 times) to get off my opiate addiction during the last six years, but nothing seemed to work. Any addict will relate to the depression that this fight puts you in. When you read this book, you understand completely why you feel as you feel.

I can't explain it so well as they do. But the main problem is that your brain changes while taking drugs, and these changes last for many years if not all life long. The authors state a great truth: many addicts manage to overcome the physical part of the withdrawal, as hard as this can be. But the harder part to overcome is the "psychological" or "mental" part. When you feel so depressed that you can't even smile or speak normally with people or eat or take a shower, etc, then it's no wonder that one goes back to drugs just to feel "normal". And the authors of this book understand this fact so well, that not only do they describe it wonderfully, but they have managed to create a detox plan based on simple stuff such as food supplements (vitamins, amino acids, essential fats, etc), and food. They also give you some other advices about activities that can make you feel better, like exercising or meditating. The whole book is written from the perspective of how the brain works. For example, they explain that exercising is good when quitting drugs because it raises your endorphin levels. Another thing you will find in this book are very precise instructions on how to quit different addictions -not only opiates- including cigarettes and antidepressants.

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

Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit Smoking: Stop Smoking Now Quickly And Easily- The Best All Natural And Modern Methods To Quit Smoking (Quit Smoking Now Quickly & Easily So You Can ... & Defeat Nicotine Addiction Once & For All) How to Quit Without Feeling S**t: The Fast, Highly Effective Way to End Addiction to Caffeine, Sugar... How to Quit Without Feeling S**t Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Feeling Happy, Feeling Safe Quit Smoking Today Without Gaining Weight The Michigan Divorce Book: A Guide to Doing an Uncontested Divorce Without an Attorney Without Minor Children (Michigan Divorce Book Without Minor Children) Stepmotherhood: How to Survive Without Feeling Frustrated, Left Out, or Wicked, Revised Edition The Mobile App Masterplan: Learn how to make excellent money selling apps and quit your job (no coding required) (Online Business Collection Book 1) It's a Long Road to a Tomato: Tales of an Organic Farmer Who Quit the Big City for the (Not So) Simple Life The I Quit Sugar Cookbook: 306 Recipes for a Clean, Healthy Life I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook 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) How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Better Than Before: What I Learned About Making and Breaking Habits--to Sleep More, Quit Sugar,

Procrastinate Less, and Generally Build a Happier Life Smoking Addiction: Desire To Stop Smoking
Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions)
Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery,
Addiction Gambling, Quit Smoking, Addictions) Gambling Addiction Recovery: Gambling Addiction
Recovery and Cure of Your Life (Addiction Recovery, Addictions Gambling, Quit Smoking,
Addiction) Cutting It Off: Breaking Porn Addiction and How To Quit For Good

[Dmca](#)