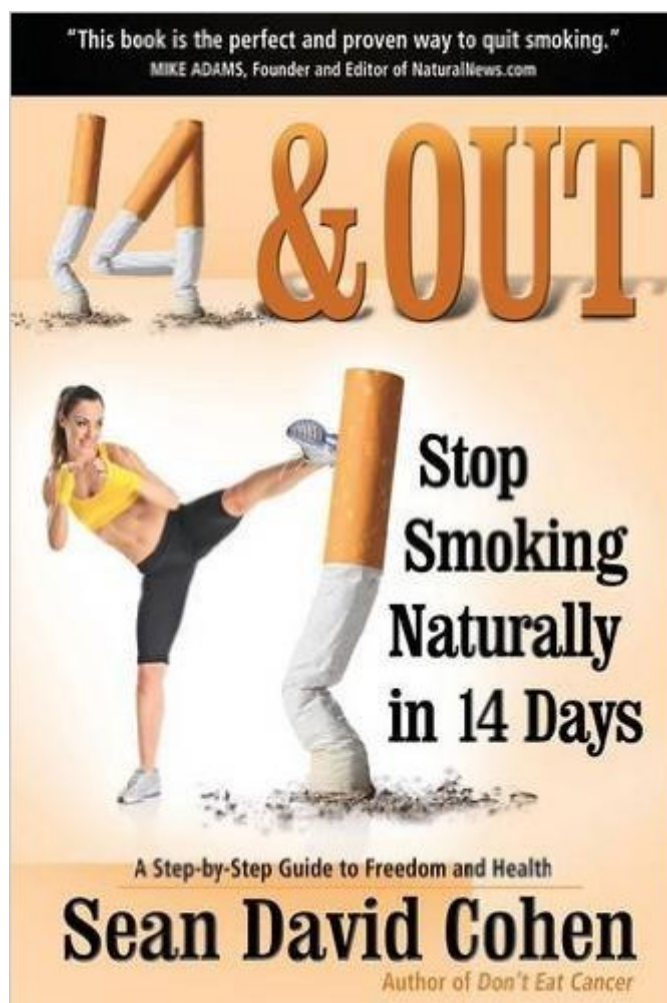


The book was found

14 & Out: Stop Smoking Naturally In 14 Days



Synopsis

14 & Out is the all natural, easiest and most reliable way to stop smoking within 14 days! When you make a decision to quit smoking, you are making a decision to change everything about the way you feel, look, and interact with the world. You will look better, feel better, live better, contribute more, and you will shine. People will know you did something great, and you will love your new life as a non-smoker. No other stop-smoking program in the world is this thorough and reliable. In 60 minutes smokers learn all about chemicals in commercial cigarettes that are combined to keep them hooked, and how behavior modification and nutrition are their yellow brick road to good health and a permanent escape from the nicotine hook. Over 100,000 people have shared the trailer of the video download, and thousands in the author's classes now the 14 & Out program is available in paperback. Based on the class taught by the author and inventor himself, the Stop Smoking King asks you: How great would your life be without cigarettes? Learn how to break free from the vicious cycle of cigarettes in less than 14 days and experience health freedom and all the benefits that come with ending the habit once and for all. Recommended by doctors and the Health Ranger, Mike Adams, Editor and Founder of NaturalNews.com. It's time to get the ultimate secret to quitting. If you have the will to quit, 14 & Out is the way.

Book Information

Paperback: 144 pages

Publisher: Koehler Books (December 1, 2013)

Language: English

ISBN-10: 1940192234

ISBN-13: 978-1940192239

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars See all reviews (15 customer reviews)

Best Sellers Rank: #324,467 in Books (See Top 100 in Books) #52 in Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #406 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses #28379 in Books > Self-Help

Customer Reviews

Have smoked for 30 plus years, tried all sorts of methods, but something in this easy to read book clicked with me. Plus what it also taught me what I was REALLY smoking - something I ignored for decades. I still miss smoking, and I love it when someone else smokes near me, I can have a smell,

but so far so good, I am CHOOSING not to smoke..... each day at a time. Its early days for me, 10 weeks or so, but have the book with me, so i can read it again in a couple of months. Good luck to you all out there :)

I think the advice in this book is credible. Makes sense. But if you are a hardcore smoker, it's not enough to make you stop. Also, following this book and buying the supplements and so forth could get VERY expensive very quickly! I did, however, change to organic tobacco because of the advice of this book. I do feel much better and my advice is that even if you are not able to quit, at least do this one step.

Great way to stop smoking, without the cravings!!! I highly recommend this book to anyone, who has tried everything, but with no luck.

I'm 5 days in on my goal to quit. Five days without a cigarette. I've noticed I don't get out of breath while taking a shower, the air in the house in general seems fresh and I'm getting more done because I don't have to stop after every little thing for a cigarette break. The things in this book (and videos) are extremely important for people to know. I'm waiting on the supplements to arrive so I can get my energy and feeling of well-being back in order. I would recommend this book to anyone who needs to know why it's so hard to quit and how to to conquer the void that you think will happen when you quit.

As a prior smoker the information could work for someone. if you are the type to need to be grossed out to stop a bad habit this book is for you.

Wasn't particularly blown away by any means, still a good source of info and motivation. Got to smoking organic pouch tobacco called Yuma up here in Canada. All my smoking accessories are by the company RAW. Much more enjoyable than a conventional smoke ;)

This book is impractacle and absurd on many levels. Please don't waste your money.

This book spells out how to stop smoking, and does it in a clear logical way. As a bonus it will help you live a healthier lifestyle in other ways and it may save your life. - Dr. Tony Bruder

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

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) 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) 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) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) 14 & Out: Stop Smoking Naturally in 14 Days How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System Healing Wisdom Series: Stop Smoking Naturally Smoker Recipes: Irresistible Spicy Smoking Meat, Hamburger, Smoked Chicken and Pork for Your Best Barbecue (Smoking Meat & Barbecue Guide) Quitting Smoking: The Amazing Plan that Made Me Dump 20 Years of Chain Smoking in Less than 5 Months Tinnitus: The Safe and Easy Way to Cure Tinnitus With Easy-To-Do Homemade Remedies and Treatments - Stop Ear Ringing & Recover Your Hearing Naturally! ... Stop Ear Ringing, Tinnitus Treatment) How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good, Get the Naturally Thin Body You Crave From the Inside Out How to Have Your Cake and Your Skinny Jeans Too: Stop Binge Eating, Overeating and Dieting For Good Get the Naturally Thin Body You Crave From the Inside Out (Binge Eating Solution Book 1) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) The Easy Way to Stop Smoking Allen Carr's Easy Way to Stop Smoking

[Dmca](#)