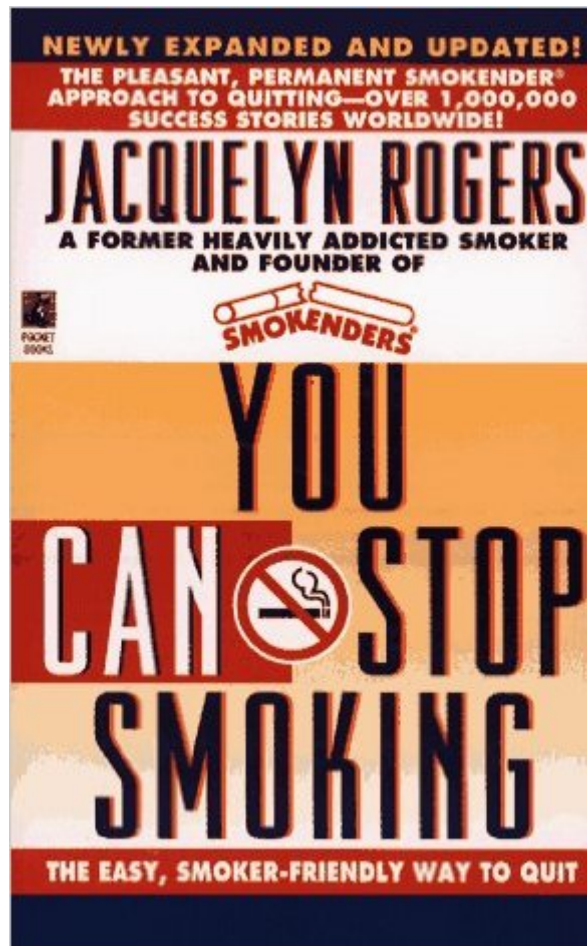


The book was found

# You Can Stop Smoking



## Synopsis

Now, more than ever, is the right time to quit-- and the easiest, most effective path to success is right here. Jacquelyn Rogers was a two-pack-a-day smoker for more than twenty years. She had tried every means to quit-- and failed-- until she used the facts about her physical addiction and psychological dependence to develop a revolutionary, smoker-friendly program. Since then, she has helped over one million SmokEnders worldwide free themselves from smoking. In this program-- updated to incorporate the latest information on smoking and quitting-- you will find a unique and proven method to help you eliminate cigarettes from your life in just four easy weeks, no matter how much or how long you have smoked. Discover the facts about: Addiction. Learn how nicotine works and how you will be gently detoxified without "climbing the walls". You actually smoke while you prepare to quit! Weight. You can quit smoking and not gain weight-- if you follow the simple weight controls built into this program. Nicotine patches. Doctors often prescribe this book along with the patch to insure that psychological cravings are just as fully addressed. After you quit. Be prepared for the physical, social, and emotional changes that occur when you become a non-smoker-- you'll be less likely to relapse. Greater vitality, self-confidence, and freedom-- these pleasurable rewards await anyone who follows this method. Take the first step: YOU CAN STOP SMOKING.

## Book Information

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## Customer Reviews

I'm a Medical Doctor and used to be a pack-a-day smoker (paradoxical, uh), also tried unsuccessfully several times quitting from cold turkey to using the gum in repeated occasions. Then I decided to try the patch and my fiance got me the book. I've been smoke free for more than a year and I think I wouldn't be able to do it without the book (patch alone). The book focused on changing

your scheme on smoking, something which we smokers don't realized how disturbed it is and will become in the future. You won't imagine how different your life is without the cigarettes. I love it. If you are one of those who say as i used to "..but i enjoy smoking" this book is for you! Andres A. Gonzalez, MD

I hadn't even thought seriously about quitting when I first read this book. Ms. Rogers has such an understanding and sympathetic view of the smoker that it's hard not to become encouraged by her method. I followed her instructions to the "T" and lo and behold, 6 weeks after I first read her book, I quit...and it was easy. I never would have imagined it!

I love this book; it was the catalyst to my quit. It's written for smokers - it never preaches - just gently takes you down the path to achieving the goal of being a non-smoker. You have to "work the program", but it's fun - and, if you do all the exercises etc. - you will feel you finally have power over your smoking. She gives you the tools to see you through too. I've bought several copies of this book to give away to smokers who might be considering quitting - this book will help make up anybody's mind if they are afraid of quitting.

This book is jam packed with information that all smokers need to know. 2 months ago, after reading this book, I finally stopped a 1 1/2 pack a day, 23 year old addiction with NO weight gain and haven't thought twice about it since. You'll never look at a cigarette or yourself in the same way after this book. It's not a scare tactic book, either. It's just good psychology and it REALLY works!

Hey it's easy to quit smoking-I know-I've done it a hundred times. Such was my life until I read Roger's book 20 years ago and have been habit free since. It is by far the very best book on the subject that I have ever read and I've read a bunch. I've just re-read recently and the info is timeless effective in 2001. I keep several copies on hand to give to all my smoke-struggling friends.

My wife was not all that convinced of quitting when I gave her the book, she started reading it mostly to humor me, she decided to go thru with it about halfway into the book. It's been 3 years and she hasn't gone back. Get this book.

I was so physically and psychologically addicted that I really believed there was no way I could ever quit smoking. I had tried everything: patches, smoke-cessation groups, cold turkey, etc. Finally, I

read this book one summer, made lots of notes, kept the charts that are suggested, made myself a diary of why I HAD to quit and all the other wonderful psychological helps suggested in the book. I got all fired up and ready to go. It then took patches and after that the nicotine gum and about 1 1/2 years of antidepressants and..... I'm free!!! and feeling fantastic! I did this in February of 1996, so next February will be 10 years. I know that I never could have done it without this book. I'm buying it now for a friend. Try it. It will help you to succeed.

I read this book after smoking 1-2 packs a day for 17 years. I was so addicted that I even justified smoking while I was pregnant! (ashamed to admit but true). I didn't want to be one of those people who always craved smoking and "loved" the smell of a cigarette. This book changed my twisted views of what I thought cigarettes were doing for me ie: relaxing me, calming me down, keeping me from boredom..... I've been a non-smoker for over 20 years now and I can honestly say that I don't miss smoking even one tiny bit and it was the best thing that I've ever done for myself and my family. I didn't do every little thing that the book suggested but like every good self help book, just take what works for you and shelf the rest. The most important thing is to "re-program" your mind into that of a non-smoker. Nobody really enjoys inhaling cancer causing carcinogens into their lungs, regardless of what the ads say, cigarettes do NOTHING positive for you.

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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) 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) 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) 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 You Can Stop Smoking Smoker Recipes: Irresistible Spicy Smoking Meat, Hamburger, Smoked Chicken and Pork for Your Best Barbecue (Smoking Meat &

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