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The Little Book Of Quitting

Allen Carr's international bestseller, *The Easy Way to Stop Smoking*, has sold more than six million copies worldwide and helped to turn countless smokers into nonsmokers. *The Little Book of Quitting* crystallizes 120 key points of the Easyway™ method in a concise and readily accessible format. Carr's method can enable any smoker to quit easily, painlessly, and permanently without needing willpower, suffering withdrawal pangs, feeling deprived, or gaining weight.

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I quit drinking Coke last fall. I actually

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did it after reading the EasyWay book on quitting smoking (even though I don't smoke) - but this little book is the one I pick up every few weeks to remind me how and why to keep quitting. A very rational approach.

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The Little Book of Quitting

READ THIS BOOK NOW AND BECOME A HAPPY NONDRINKER FOR THE REST OF YOUR LIFE. Allen Carr's Easyway is the most successful stop-smoking method of all time. It has helped millions of smokers from all over the world to quit. In Quit Drinking Without Willpower, Allen Carr's Easyway method has been applied to problem drinking. By explaining why you feel the need to drink and with simple step-by-step instructions to set you free, he shows you how to escape from the alcohol trap.

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The little book of quitting (eBook, 2005) [WorldCat.org]

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But Jesus said, Suffer little children, and forbid them not, to come to me: for of such is the kingdom of heaven. Suffer. Genesis 17:7,8,24-26 And I will establish my covenant between me and thee and thy seed after thee in their generations for an everlasting covenant, to be a God unto thee, and to thy seed after thee...

Matthew 19:14 But Jesus said, "Let the little children ...

Quit It, a 176 page book written by Marcia Byalick. It's about a young girl in 7th grade who is just like every other girl feels very insecure due to her diagnosis

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of Tourette Syndrome. She does well at school, is decent at sports and acts in school plays however there is just one thing that tells tells apart from the other girls.

Quit It by Marcia Byalick

"Never Take Another Puff"- a 149 page PDF quit smoking book by Joel Spitzer of Chicago, the Internet's leading authority on nicotine dependency recovery. Joel's free book is a wonderful collection of 98 short quitting articles on almost every cessation topic imaginable.

Free Quit Smoking Books, Tips and Guides

The dip is a very short book (I read it in about 90 minutes). Seth Godin wrote it to help people recognize when it's time to quit something versus when it's time to persevere. His main reasoning is...

Review: The Dip — A little book that teaches you when to ...

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for "dead end") ... is a situation where you work and work and work and nothing much changes". — Seth Godin, The Dip: A Little Book That Teaches You When to Quit.

The Dip Quotes by Seth Godin - Meet your next favorite book

Quit definition, to stop, cease, or discontinue: She quit what she was doing to help me paint the house. See more.

Quit | Definition of Quit at Dictionary.com

Best book. I quit after reading, haven't smoked a single cigarette since. My husband was a pretty heavy smoker as well, he read it and quit also despite being very skeptical at first (he hasn't smoked in over a year). I recommend it to a lot of friends. The hard part is getting them to actually read it.

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