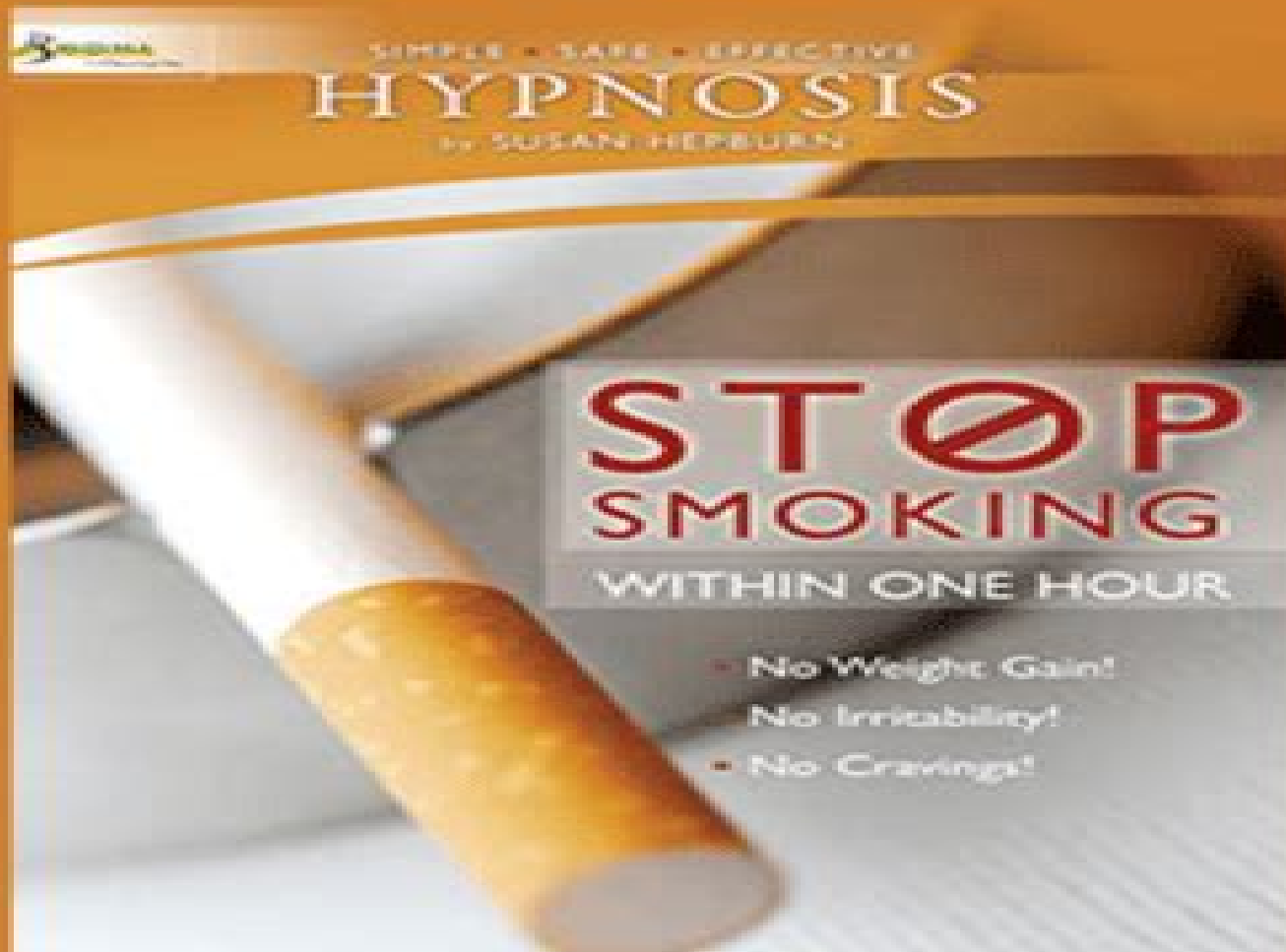


Susan Hepburn Stop Smoking Within One Hour



Stop Smoking In One Hour

Barbara Miller



Stop Smoking In One Hour:

Stop Smoking in One Hour Susan Hepburn, 2000 An accredited hypnotherapist offers a book and CD set to help smokers quit with no side effects no cravings and no gimmicks She claims readers will feel no desire for a cigarette no withdrawal symptoms no irritability and no desire for a snack between meals **Pushing Double Nickels** Bradley Stewart Fischl, 2014-08-29 Obesity is an epidemic in America and worldwide This former IT industry veteran shares his cautionary tale and success with his personal fight against obesity and smoking cigarettes Including tips on living with Type II Diabetes chronic pain and a host of other things that he has learned in his 55 years on this planet so far Pushing Double Nickels has something for everyone Here are a few of the 50 Things covered in this book A simple long term way to lose weight permanently How to quit cigarettes forever on the first try The advantages of being an optimist Advice and tips on Public Speaking Advice for Business Professionals Why Mystery Shopping is no mystery You can improve yourself at any age Why you are connected with everyone on Earth 80 total life lessons interesting facts and much food for thought Includes hundreds of web links you can use for further information Pushing Double Nickels is meant to educate illuminate and motivate you into doing something positive for yourself a loved one your community and your planet Positive change is something that everyone can do beginning at any age All it takes is the desire to improve and the self motivation to make the long term lifestyle changes necessary to accomplish your goals Short term fixes such as surgery diet plans or programs diet pills or shakes etc will only work for a short time More often than not if the weight returns because the person did not make the long term lifestyle changes required for lasting results What is needed is a way to live that you can continue to do for decades and for the rest of your life Diet control is the key factor All the diet plans and exercise in the world can't undo taking in more calories than you burn off Self improvement is much more than just losing weight or quitting smoking it includes moral and ethical improvement as well But getting your health in order is the first step If you are overweight or obese then you are also more than likely dealing with other bad numbers like high blood sugar Diabetes or Prediabetes high cholesterol high blood pressure and now face a much shorter life span as a result And quitting cigarettes can be done on the first try So it's time to take control Time to finally do something to make sure that you're going to be around a while longer In Pushing Double Nickels I share how this old IT guy and former couch potato who was clinically obese and had a 30 year smoking habit took control quit on the first try and walked off over 100 lbs We are all in this together but making positive changes to humanity require making those changes individually first *How to Quit Smoking Even If You Don't Want To* Barbara Miller, 2008-07-18 You can quit smoking It is not impossible I use to say I don't want to quit smoking I asked myself What if this was the addiction I then thought I want to want to quit What could make you want to quit My biggest motivation came from not wanting to be controlled by this nicotine I wanted to be in charge This book is about how to transform one's thinking while simultaneously getting ready to quit This book gives you a step by step plan that will show you how to get

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go through a million nuts wonka make that a million and one your ticket veruca

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web on the morning of the factory tour veruca s parents have to restrain her so she doesn t scale the fence and enter the factory grounds before mr wonka is ready for them during the tour whenever veruca comes across something wonderful or interesting she shouts to mr salt that she wants it

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