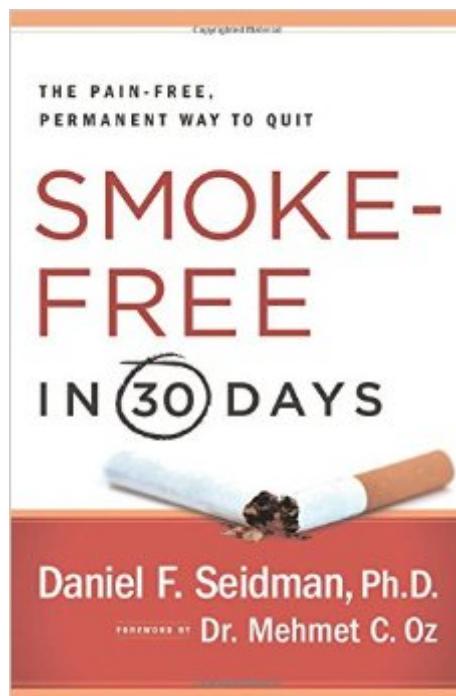


The book was found

# Smoke-Free In 30 Days: The Pain-Free, Permanent Way To Quit



## Synopsis

I'M Too Stressed To Stop. I'LL Gain Weight If I Quit. I'Ve Tried And Failed Too Many Times To Count. Why are you still smoking, even though you want to quit? Based on twenty years of research and hands-on work with countless smokers in his clinics at Columbia University and New York Presbyterian Hospital, Dr. Daniel F. Seidman understands that people smoke - and quit - for different reasons and what works for one smoker might not work for another. 'Are you a Situational Smoker? Monitoring your reactions in different situations is a step toward permanently losing interest in cigarettes' Are you a Worried-about-Weight Smoker? Properly using treatments like Nicotine Replacement Therapy (Nrt) can help you quit and get healthy in all aspects of your life. 'Are you an Emotion-Triggered Smoker? Scheduling your smoking breaks and sticking to a rigid "smoking schedule" helps break the link between stressful situations and craving cigarettes. In a comprehensive, 30-day program, Dr. Seidman explains how to retrain your brain, take advantage of all the tools at your disposal, and end the month smoke-free and feeling stronger than ever!

## Book Information

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Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (10 customer reviews)

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## Customer Reviews

Smoke-Free in 30 Days: The Pain-Free, Permanent Way to QuitThis book helped my daughter's boyfriend quit! It helps you identify triggers and substitute healthy behaviors, like exercise. It has a detailed a ten day program for the days before you quit. For example, preparation involves buying appropriate nicotine substitutes and smoking on a schedule to break the smoking/trigger connection. Then the book guides you through quitting with day by day instructions. It's easy to read

and follow. Don't go cold turkey alone. Buy this book instead.

I have previously read several quit smoking books including Allen Carr's book. I found this book, *Smoke Free in 30 Days* to be the most helpful. The book is written more from the viewpoint of cognitive behavioral therapy. I found this book to be helpful because it expressed some of my concerns about quitting smoking, such as missing it in future situations and social situations. The beginning of the book goes through asking questions and explaining the different types of smokers. Once you have read through those chapters, the book has some activities you can do in regards to why have had trouble quitting in the past. The *smoke free in 30 days* part goes through activities to do to prepare yourself for quitting smoking and then things to do the first few weeks you do quit. I believe this book would be good for anyone who has previously done anything involving cognitive behavioral therapy or for those who enjoy interactive self help books. I am not really a big fan of "self-help" books, but I did find this one helpful.

This is a practical, structured way to stop smoking when you are ready. It takes you through a process of 30 days and gives you guidance through the entire month to help you. It is different than other books I have read on the subject. Definitely a worthwhile read.

This book exceeding my expectations! If you follow the program set forth in this smoking cessation book, you'll reach your goal of being smoke free. The book is full of information, daily to-dos, and inspiration.

I've been smoke free for 3 months now, and this book did help me do it! Most of the information was not new to me, as I have tried to quit several times now, and I've read a couple other books on the subject of quitting cigarettes. But reading this did kick my will power into high gear and really made me want to quit.

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*Smoke-Free in 30 Days: The Pain-Free, Permanent Way to Quit 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) The Permanent Pain Cure: The Breakthrough Way to Heal Your Muscle and Joint Pain for Good (PB) 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 in One Hour: Play the CD... just once... and never smoke again! (Listen Just Once to the CD and Youll Never Smoke Again!) Joint Pain No More: How to Effectively Eliminate Pain and ease your Aches! (Pain Management, Muscle Pain, sports injury) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Wrist Pain, Neck Pain - Lower Back Pain - Should Treatments Be Focussed Only To The Area That Hurts?: A Comfortable Healthy Sleep Without Neck Pain And ... Neck Pillow, (Children health care Book 1) The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Life Without Pain: Free Yourself from Chronic Back Pain, Headache, Arthritis Pain, and More, Without Surgery or Narcotic Drugs Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) 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) How to Quit Without Feeling S\*\*t: The Fast, Highly Effective Way to End Addiction to Caffeine, Sugar... HERPES CURE: The Most Effective, Permanent Solution To Finally Get Rid Of Herpes For Life (Health, Disorders & Diseases, Skin Ailments, Physical Impairments, Pain Management, Nervous System) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Freedom from Pain: The Breakthrough Method of Pain Relief Based on the New York Pain Treatment Program at Lenox Hill Hospital

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