



The Winning Way to Quit Smoking (Paperback)

By Shirley Amy

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Firstly, congratulations for deciding to take positive action and move forward with The WINNING WAY Method. There are 3 Zones which you will enter to slowly and systematically become a non-smoker: THE CUTTING DOWN ZONE 8 WEEKS, THE QUIT ZERO ZONE 16 WEEKS THE PERMANENT QUIT ZONE where you reach your final destination. Over the years I have had in-depth conversations with countless smokers who would dearly like to kick the habit, but are terrified that if they do, they will not be or feel themselves, and that it would be a quantum leap into the dark unknown for them. - This is particularly so for long-term smokers. But what I try to get them to think about is not the unknown - but the known - the time when they once were non-smokers and felt their normal-selves. There are so many things in life that seem insurmountable - yet often when we reach our goals, we look back and see that the fretting and worrying was worse than the getting on with it and going through it....



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