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## Stop Smoking it's All in the Mind

By Gillian Bridge

W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Stop Smoking it's All in the Mind, Gillian Bridge, Here is an 87 per cent success rate. Gillian Bridge is a former English lecturer and psychologist. She combined this training to become a professional Psycholinguistic Consultant. The approach is individual. There is a questionnaire assessment and self-perception analysis. This title presents a step-by-step plan for giving up, getting through tough times and staying that way. Smokers know full well that their problem is in their minds. There are triggers that the mind uses to reinforce their habit. For some it may be a cup of coffee, for others perhaps the telephone. But every time the trigger is pulled they reach for a cigarette. To overcome this problem they need to pre-empt the mind and have a stronger defence in position before they start to stop! In this book, smokers will learn the unique reasons why they smoke and from there how to tailor a personal step-by-step programme that will help them to give up smoking for good. And it's a programme that is 87 per cent successful.



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### Reviews

*This written ebook is fantastic. It is probably the most incredible ebook we have read. Its been written in an extremely basic way in fact it is just following i finished reading this publication where basically modified me, affect the way i think.*

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*This book might be really worth a read, and superior to other. This really is for all who statte there had not been a really worth studying. I am just happy to tell you that this is basically the very best pdf i actually have read through during my very own lifestyle and may be he best ebook for actually.*

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