



Stop Smoking in Five Minutes

You know what's wrong with most books about giving up smoking? It's that they tell you lots of stuff you know already. This book is different. It doesn't go on about cancer, or heart disease or how you'll no longer smell like a chimney. No preaching- but maximum information about how to deal with the one factor that messes up most people's good intentions to cut down and stop smoking - craving.

Learn how to use Your Thing - and beat craving.

Written by a top cognitive behavioural therapist, and reviewed by smoking cessation experts this new book will give you the tools you need to tackle craving.

Get started now.

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