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How To Help Your Smoker Quit

By Bear Jack Gebhardt

Seven Traditions Press. Paperback. Book Condition: New. Paperback. 164 pages. Dimensions: 8.3in. x 5.5in. x 0.5in. Your Smoker (Secretly) Wants Your Help! This book teaches a simple, radically peaceful and non-threatening approach to helping your smoker quit. This book shows you what kind of help your smoker wants from you and, more importantly, what you need for yourself in order to better love your smoker better and inspire and support your smokers quit attempts! Is this book a magic bullet or miracle cure for smoking Sorry, no. (Nobody yet has such a cure.) But does this gentle approach actually work to help your smoker quit, much, much better than nagging, complaining, threatening or ignoring Absolutely yes! In this book you will learn how to: Not fight with your smoker about smoking (and why not!) Talk with your smoker about smoking, without causing defensiveness Actually laugh with your smoker about this goofy habit Ask the right questions, at the right time, to make a real difference Experience more freedom from tobacco in your own life Experience more peace about tobacco in your own life. Gently bring this same peace and freedom to your smoker Bear Jack Gebhardt has been called The...



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