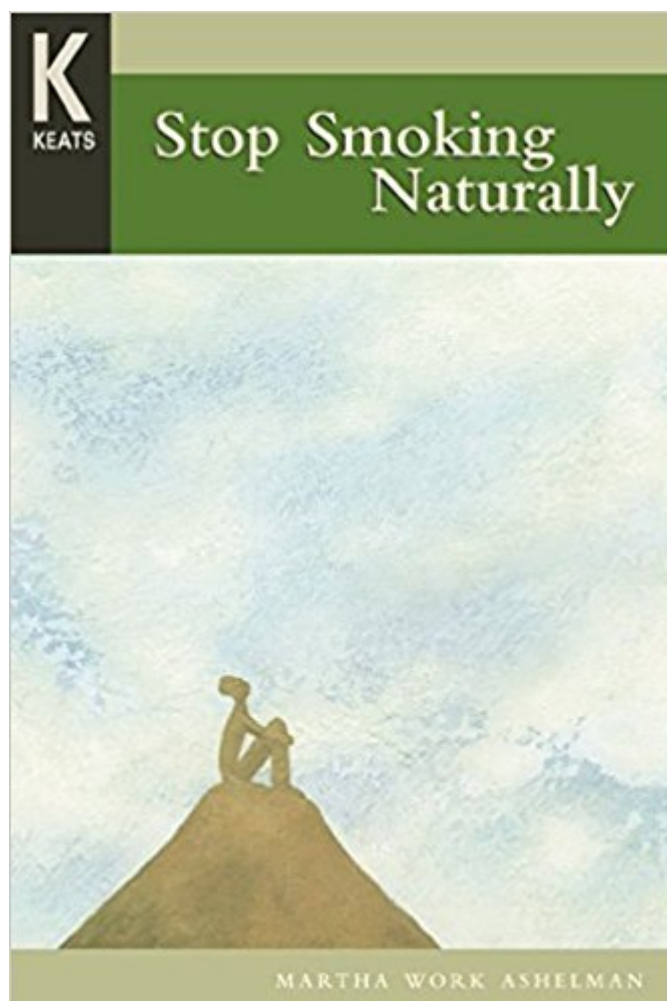




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Healing Wisdom Series: Stop Smoking Naturally



Synopsis

This unique and groundbreaking work provides a step-by-step holistic approach and shows people how to assess their present smoking patterns, how to plan for permanent freedom from smoking, and how they can set out on a path toward healing to increase the quality of their lives.

Book Information

Series: Healing Wisdom

Paperback: 160 pages

Publisher: McGraw-Hill Education; 1 edition (April 22, 2000)

Language: English

ISBN-10: 0658003844

ISBN-13: 978-0658003844

Product Dimensions: 5.5 x 0.4 x 8.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,903,426 in Books (See Top 100 in Books) #301 inÂ Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking #27944 inÂ Books > Health, Fitness & Dieting > Alternative Medicine #64037 inÂ Books > Parenting & Relationships

Customer Reviews

God, I wish my mother and father had this book. For their sakes and for mine. Simple, clear and direct to the point on how to reverse this lethal curse. I recommend it highly to anyone that smokes, has the desire to quit and particularly if you have or are planning to have children. PLEASE, JUST DO IT... if not for you then for them. It just is NOT worth it. All the bronchitis, pneumonia (took my father), asthma and emphysema not to mention the heart disease and cancers (took my mother). Of course, the psychological aspects of this addiction/illness are also horrific... Why do mommy and daddy want to kill themselves? Don't they love me? If you are dead set on suicide please consider another more rapid way. This has to be one of the slowest most painful and worst ways to do it. Lovingly, honestly and respectfully submitted.

A very nice book. Tho I've not yet stopped smoking "naturally", the book suggests that it is your decision when to stop.

As with everything else these days, it doesn't work unless you 'eat right and exercise' HA!

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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: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) 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) Smoking Addiction: Desire To Stop Smoking Addiction Just Three Steps (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Healing Wisdom Series: Stop Smoking Naturally Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) How to Quit Smoking Now :The Natural, Fast, and Easy Way: (A Step by Step Process on How to Stop Your Smoking Addiction Now) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System 14 & Out: Stop Smoking Naturally in 14 Days Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Tinnitus: The Safe and Easy Way to Cure Tinnitus With Easy-To-Do Homemade Remedies and Treatments - Stop Ear Ringing & Recover Your Hearing Naturally! ... Stop Ear Ringing, Tinnitus Treatment) How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Smoker Recipes: Irresistible Spicy Smoking Meat, Hamburger, Smoked Chicken and Pork for Your Best Barbecue (Smoking Meat & Barbecue Guide) Quitting Smoking: The Amazing Plan that Made Me Dump 20 Years of Chain Smoking in Less than 5 Months Stop Drinking Now: The Easy Way To Stop Drinking (I Need To Stop Drinking) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Healing Hepatitis and Liver Disease Naturally: Detoxification. Liver gall bladder flush & Cleanse. Cure Hepatitis C and Hepatitis B. Lower blood cholesterol and stop cirrhosis

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