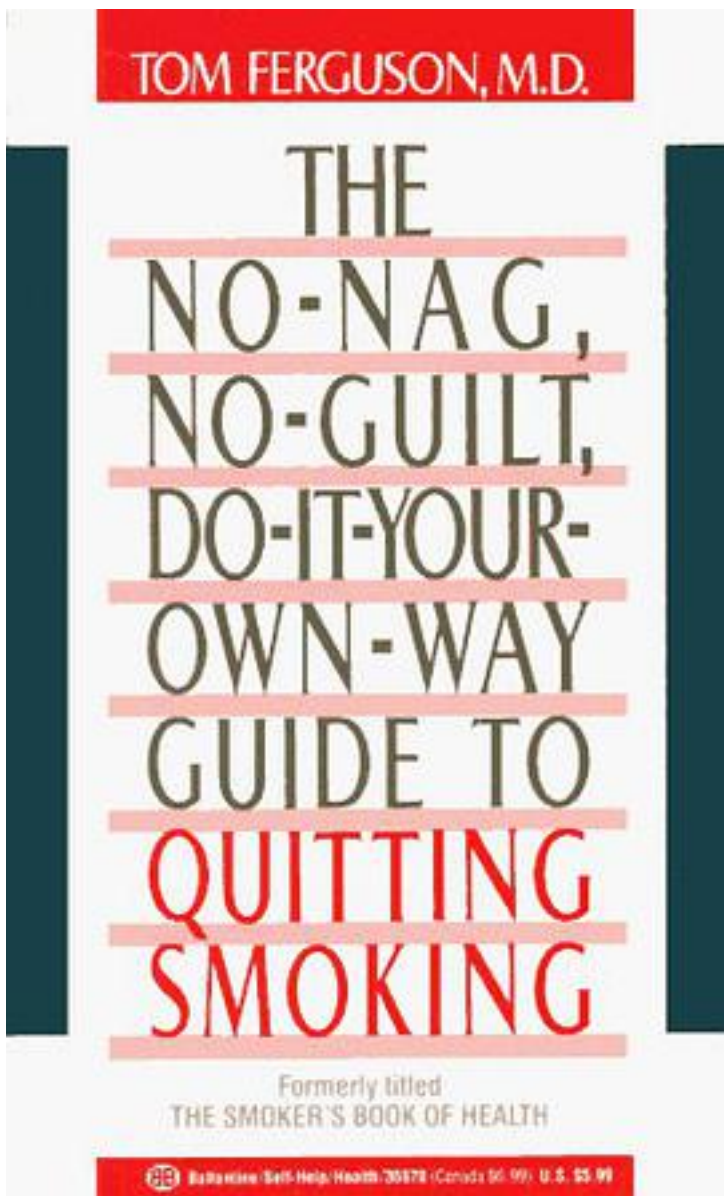


The No Nag, No Guilt Guide to Quitting Smoking



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著者:Ferguson, Tom

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If you are one of millions of smokers who are torn between the desire to smoke and the desire to stop, award-winning medical writer Dr. Tom Ferguson has the answers. With this reasoned, responsible, and practical program, he can help you control, reduce, and quit smoking on your terms. He'll show you how to : Pinpoint the psychological factors behind your habit, as well as alternative ways to handle them; use exercise, stress management, and a prudent diet to reduce your desire to smoke, and much more.

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