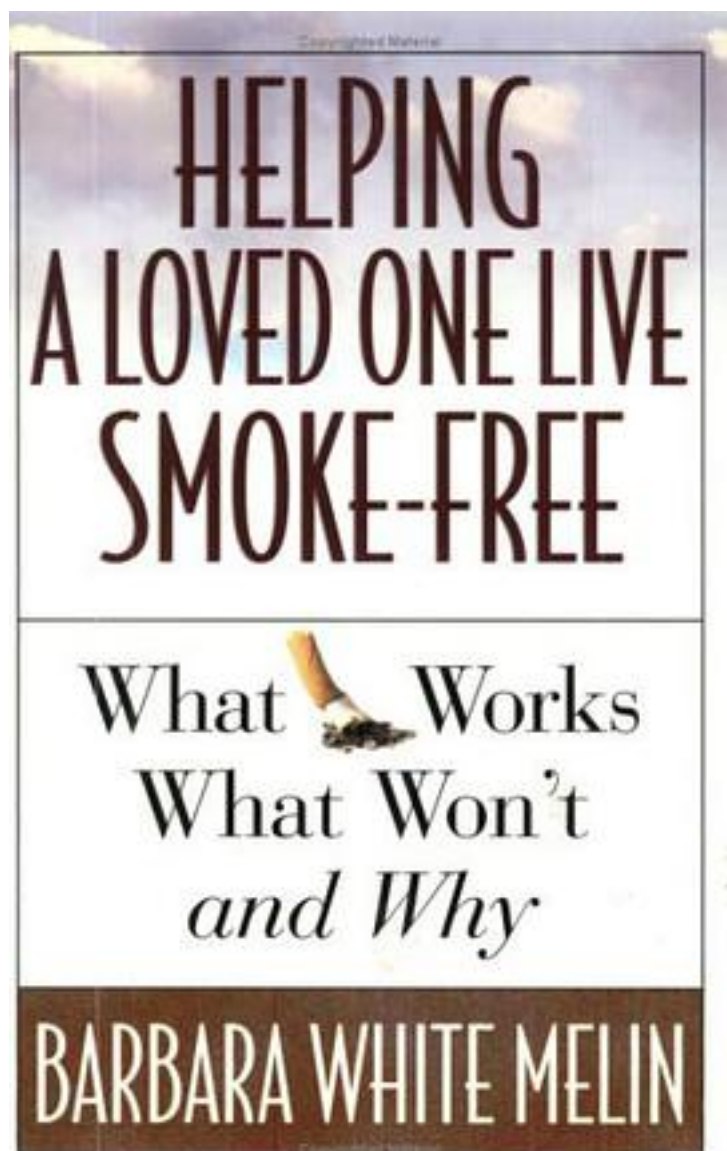


# Helping a Loved One Live Smoke Free



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How many times have you nagged them? Sometimes you pleaded. And you've even tried bribing. It seems nothing has helped your loved one quit smoking. In this first of its kind how-to book for non-smokers, Barbara White Melin reveals the powerful dynamics of nicotine addiction and presents effective strategies for assisting a loved one who is trying to quit. Drawing on the latest medical and psychological research, Melin examines new evidence about nicotine's effect on stress as well as the link between smoking and depression. Friendly, straightforward, and hopeful, Helping a Loved One Live Smoke-Free offers both the inspiration and the tools to support someone you love through this difficult change. Key features and benefits provides excellent explanation of why it's so hard to quit smoking author is a leading spokesperson on issues related to tobacco use offers commonsense advice and simple techniques

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