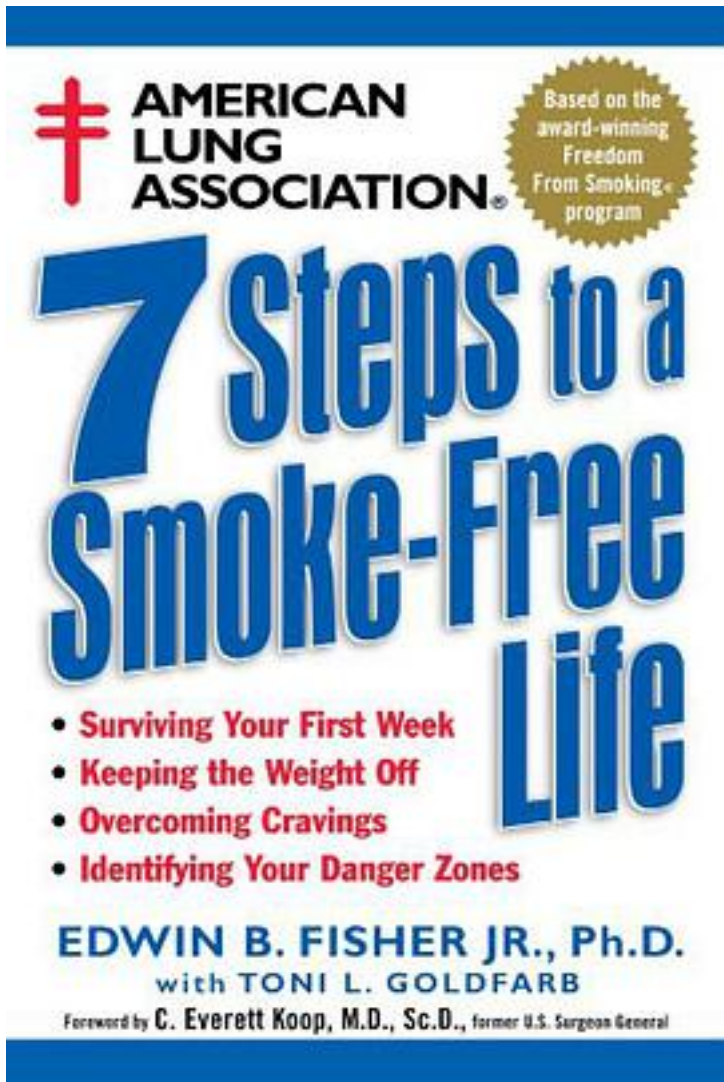


American Lung Association 7 Steps to a Smoke-free Life



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A proven plan for kicking the habit from the nation's leading lung organization "If you are one of the millions of smokers who needs help in becoming a nonsmoker, the American Lung Association 7 Steps to a Smoke-Free Life can be a real life-saver." --from the Foreword by C. Everett Koop. The American Lung Association's award-winning Freedom From Smoking(r) program has helped hundreds of thousands of smokers quit. Now it can help you. Without lectures, without gimmicks--and without compromise--this straightforward, sympathetic book carefully guides you through the seven steps that will lead to a longer, healthier life. You'll begin by going directly to the source of your addiction: identifying what triggers your own smoking habit. Armed with that knowledge, you'll prepare for quitting day and finally, firmly set yourself on the road to a life free of cigarettes forever. With great Quick Quit Tips throughout, 7 Steps to a Smoke-Free Life provides the guidance and support you need to cope with cravings, manage stress, keep off extra weight, avoid setbacks, and, above all, stick with it. Let the nation's leading authorities help you kick the habit comfortably, safely--and permanently.

作者介绍:

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