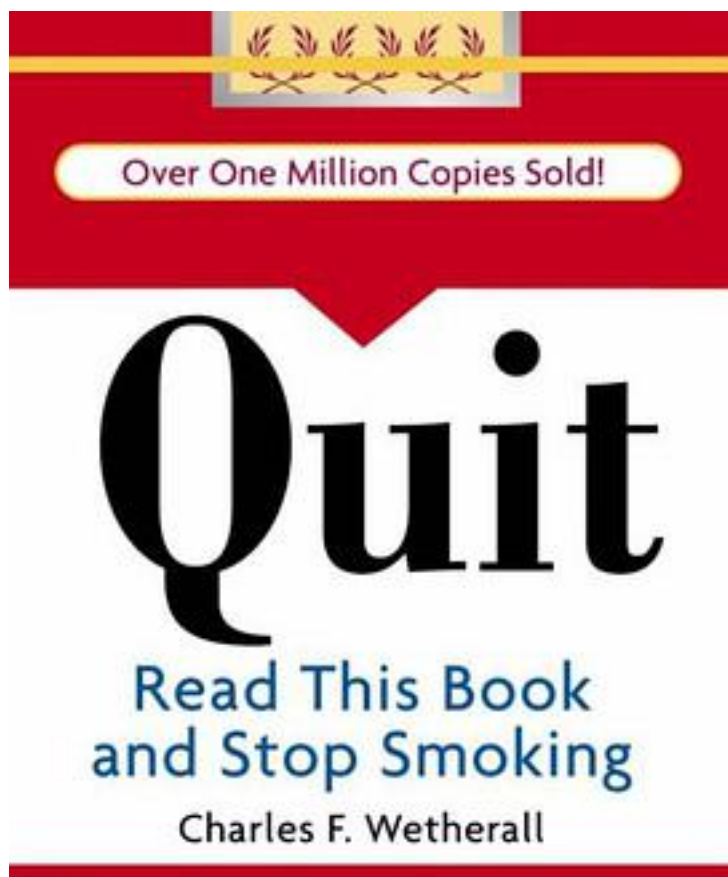


Quit



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著者:Wetherall, Charles F.

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This evocative little volume -- the size of a pack of cigarettes -- packs a remarkably powerful message. The author, a former pack-a-day smoker for 20 years, presents a succinct program to help people kick the habit. His technique is simple, based on a few distinct steps: Determine why to quit smoking, rank each cigarette smoked for its

importance to your lifestyle, gradually reduce the number of cigarettes smoked, quit, and finally guard against a resumption of smoking.

作者介绍:

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