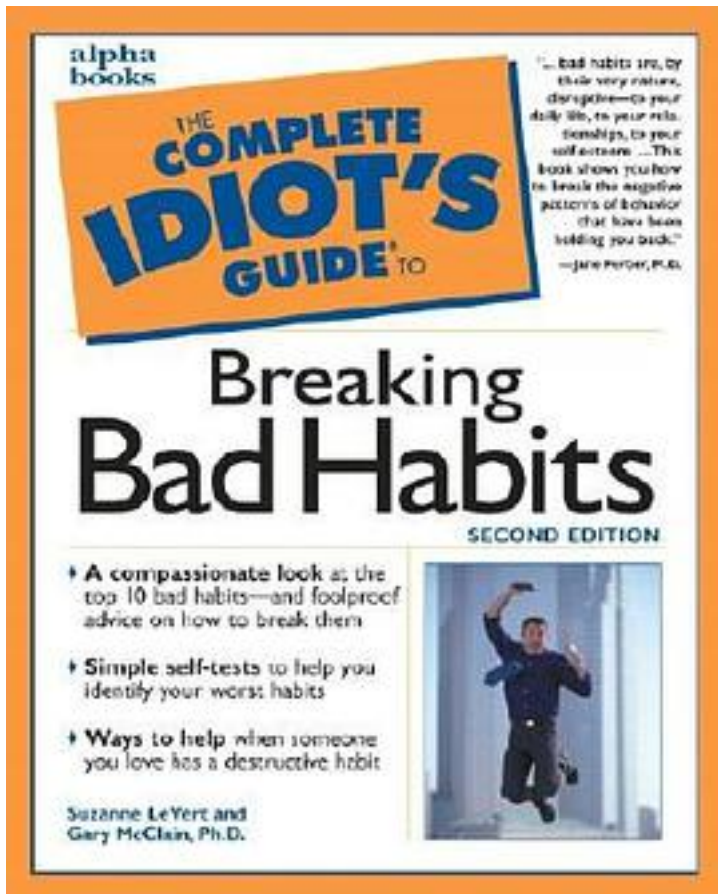


The Complete Idiot's Guide to Breaking Bad Habits



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Serious advice, presented in the fresh and user-friendly "Complete Idiot's Guide..." format, from an addictions counselor for people who are concerned about their addictions (to caffeine, cigarettes or alcohol), or other annoying or destructive

behavior that repeats and which they would like to change.

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