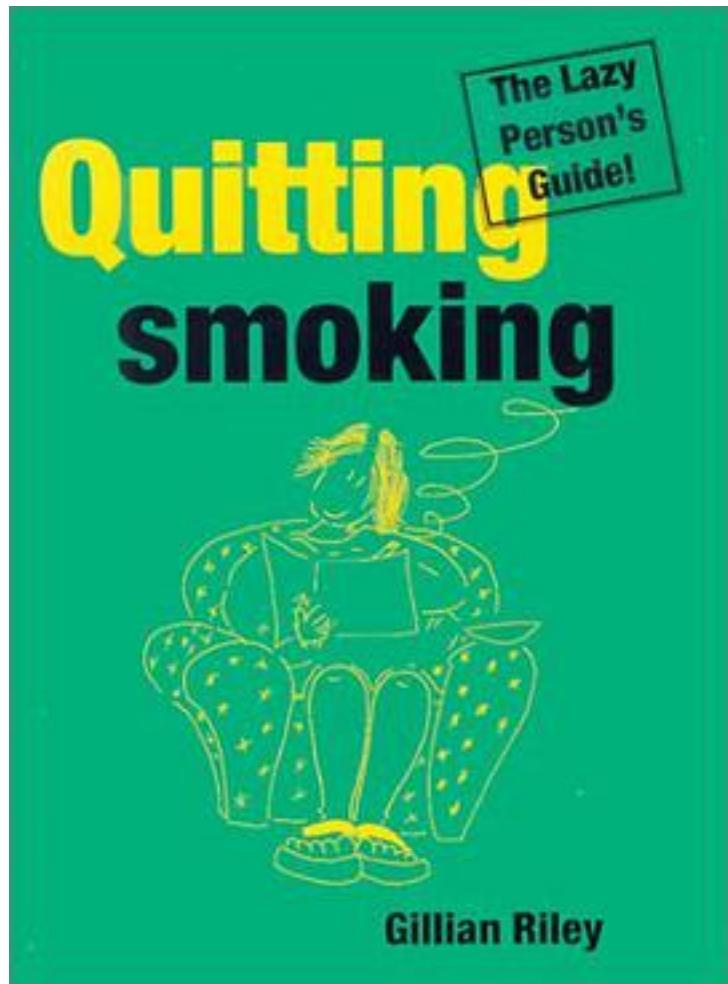


# Quitting Smoking



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著者:Riley, Gillian

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Gillian Riley explains how addiction exists in your mind, how the ways in which you think can make it tougher to quit and can lead you back to smoking later on, long after

the nicotine has left your body. You take control by thinking in new ways: as a result, you eliminate the misery of feeling deprived and irritable; you don't have to gain weight; and - best of all - you get to stay stopped in the long term! More websites with advice to help you Quit Smoking 'The Lazy Person's Guides' is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include 'Beating overeating', also by Gillian Riley, 'Detox', 'Midlife', 'Stress', 'Emotional Healing', 'Self-esteem', 'Exercise' and 'Improving Your Memory'. Other books by Gillian Riley Beating Overeating - The Lazy Person's Guide

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