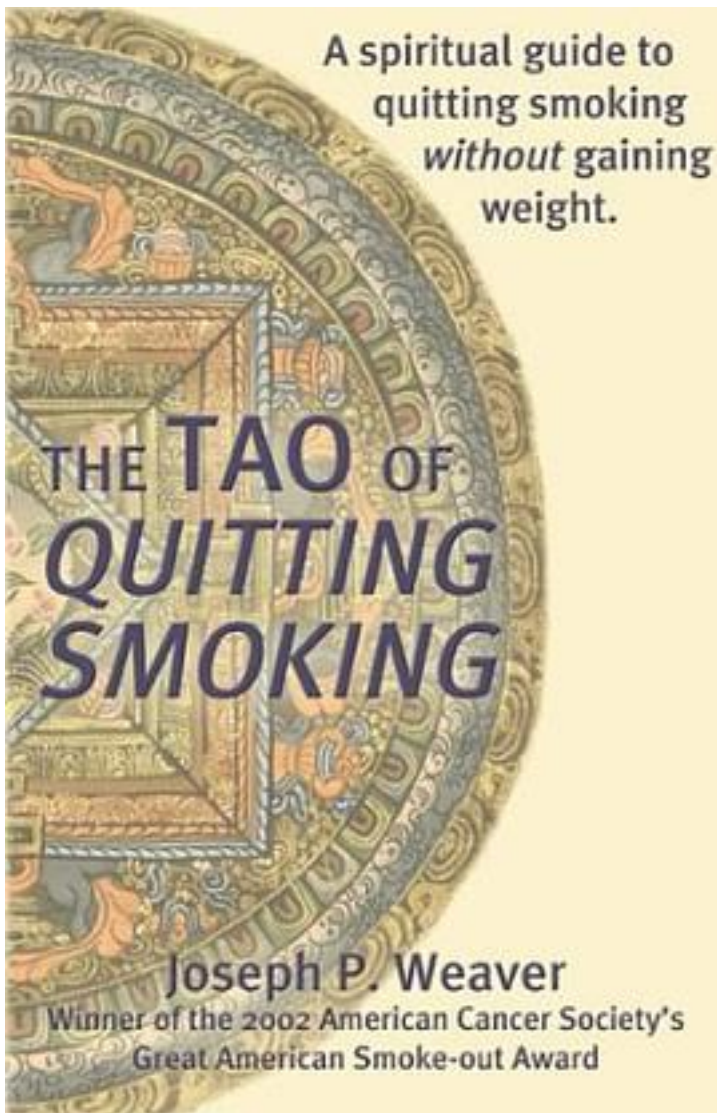


The Tao of Quitting Smoking



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A spiritual guide to quitting smoking without gaining weight Most fail when attempting to quit smoking because they forget about dealing with the whole. Addiction is not only physical but also psychological. This is not just another "quit smoking" book--it is about self-discovery, the key element to freeing yourself of the fear of failing one more time. With self-awareness and the knowledge presented in this book, you will have all the elements you need to take control of your actions and say goodbye to tobacco products forever.

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