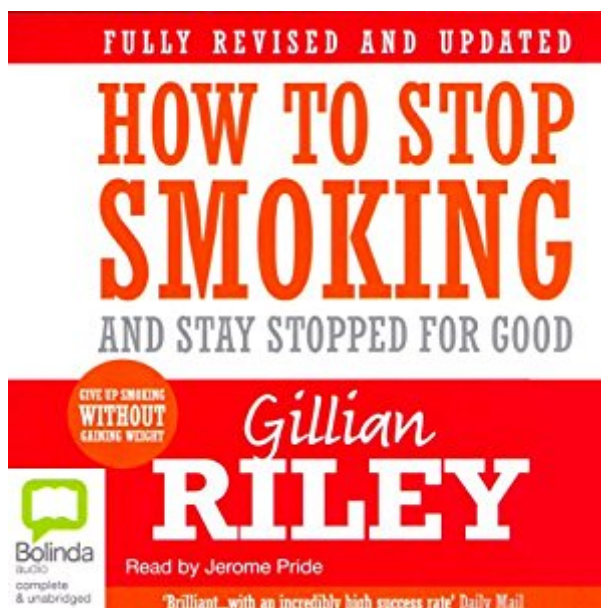


The book was found

# How To Stop Smoking And Stay Stopped For Good



## Synopsis

Everyone knows how bad smoking is for them: about half of all regular cigarette smokers will be killed by their habit, but they just can't seem to give up. If you're really serious about giving up smoking then this is the book that will not only help you to stop, but to stay stopped for good. Gillian Riley's techniques allow you to understand your addiction, take control and break your habit. There is a step-by-step giving up programme that is easy to follow and really works. Even in stressful situations, or when boredom sets in, you'll soon realise that even though the freedom and opportunity to smoke is there you have chosen not to. How to Stop Smoking and Stay Stopped for Good will even help you to give up smoking without gaining weight. "Gillian Riley is an author who always makes sense" Nigella Lawson "Brilliant... with an incredibly high success rate" Daily Mail --This text refers to the Audio Cassette edition.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 17 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Bolinda Publishing Pty Ltd

Audible.com Release Date: October 29, 2008

Whispersync for Voice: Ready

Language: English

ASIN: B001JPMODG

Best Sellers Rank: #97 in Books > Health, Fitness & Dieting > Addiction & Recovery >

Smoking #1752 in Books > Health, Fitness & Dieting > Addiction & Recovery > Substance

Abuse #4689 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

If you want to quit, this lady shows you how. She addressed all those situations when it is so easy to fall into the smoking trap, over and over, and over again and shows you how to make the right choice. That is choosing not to smoke. Listen, my smoking friends, no one will do this for you!! This is your time to make the choice not to smoke!! I smoked for almost 40 years and I'm on my way to 5 weeks of being an ex-smoker. I'm doing it and I feel great!!

I would say that this book is worth the read. It's not complicated, it's not corny, it's just a really good thing to read even if you're just considering stopping. I didn't stop for almost a year after I read it. In the end, a couple of cessation methods and what I learned in this book that helped me get to where I am. Smoke free, and very proud of it.

Great approach- anyone can use this for any unwanted habit. I hope smokers wishing to quit will read this (I am an overeater and found the principles laid out here so do-able).

It's been 5 years now. This is a "Real Deal" book.

It's ok, but I'm still smoking. I guess I'm just not committed yet to quitting. :(

This book didn't help me at all. I did quit smoking w/ the help of e-cigs - a life saver

I listened to the audio version of this book after I had stopped smoking. The book recommends that you listen/read it before you actually quit, and I think this is good advice. I had smoked for approximately 20 years and, while never a heavy smoker (5 per day), I was heavily addicted, nonetheless. This book helped me understand why I stopped with ease when I was pregnant, but went right back to it each time and have never been able to just stop. The fundamental difference this book takes is that, unlike other "quick fix" methods that aim to eliminate your desire to smoke, the author forces you to acknowledge that you desire to smoke. This desire will lessen with time -- but can strike at anytime; therefore, you must develop some techniques for dealing with that desire. She even encourages you to face your desire and temptation head on. If you smoke while commuting or when having drinks with friends -- don't avoid these activities at first -- you are only trying to avoid the desire and then you become afraid of the desire itself. The desire is normal for anyone who has smoked. It's not to be feared, because you alone have the choice of whether to stop smoking or become a smoker again -- which, the author reminds you is a drug addiction that kills or disables at least 50 percent of the people who do it. I have only been stopped for a couple of weeks, but feel very empowered by my choice to stop smoking. I used to say that I smoked because I liked it, and to a degree that is true, but I was also a slave to it and was dishonest with my children when I would be hiding out back while smoking. It feels good to not be a slave to cigarettes or to be lying to my family about it-- even though those things never bothered me before. I feel free and empowered. I still want a cigarette, but I'm not afraid I won't be able to cope with that

feeling. Update: 4 and a half years later and I have not smoked a single cigarette. I feel proud of myself and am so happy I made the decision to quit and to use this book as an aid to my quitting because I credit this book for a good amount of the staying success I have had. It has certain chapters near the end that are designed to keep you from starting smoking again by falling into some of the traps that you will face down the road. Slip ups that can turn into a slippery slope of turning into a full-blown smoker again. When I would find myself in one of the scenarios (i.e. telling myself I would just have one cigarette, or if I was out for drinks with my friends I could have one cigarette), I would remember some of the language in this book and know that no, I had already shown myself that I was not capable of being a casual smoker (if such a thing really exists). I agree with the review below that states that this book takes the magic out of stopping smoking. You can do it and you can do it without any gum, patches, pills, etc.

I read this book 16 yrs ago. Other methods had failed. I went from 30 a day to 0. MOST LIBERATING BOOK I HAVE EVER READ.

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