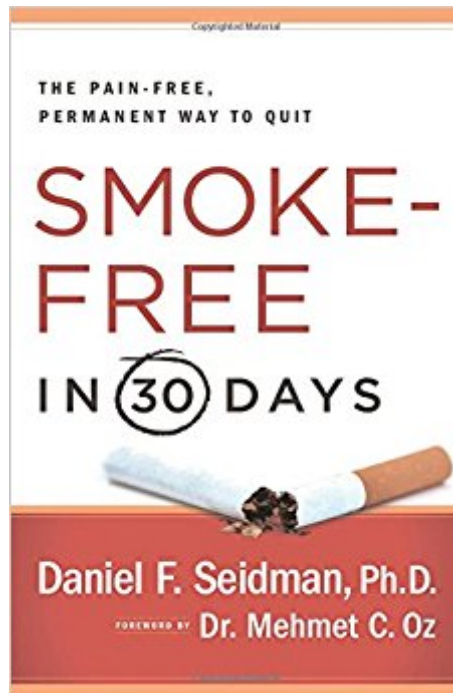




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Smoke-Free In 30 Days: The Pain-Free, Permanent Way To Quit



Synopsis

I'M Too Stressed To Stop. I'LL Gain Weight If I Quit. I'Ve Tried And Failed Too Many Times To Count. Why are you still smoking, even though you want to quit? Based on twenty years of research and hands-on work with countless smokers in his clinics at Columbia University and New York Presbyterian Hospital, Dr. Daniel F. Seidman understands that people smoke - and quit - for different reasons and what works for one smoker might not work for another. 'Are you a Situational Smoker? Monitoring your reactions in different situations is a step toward permanently losing interest in cigarettes' Are you a Worried-about-Weight Smoker? Properly using treatments like Nicotine Replacement Therapy (Nrt) can help you quit and get healthy in all aspects of your life. 'Are you an Emotion-Triggered Smoker? Scheduling your smoking breaks and sticking to a rigid "smoking schedule" helps break the link between stressful situations and craving cigarettes. In a comprehensive, 30-day program, Dr. Seidman explains how to retrain your brain, take advantage of all the tools at your disposal, and end the month smoke-free and feeling stronger than ever!

Book Information

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Customer Reviews

"Give this book to someone you care about who would like to quit but feels he can't. You couldn't give a more important present." -- Steven A. Schroeder, M.D., Director of the Smoking Cessation Leadership Center at the University of California, San Francisco

Daniel F. Seidman, Ph.D., is the director of the smoking cessation service at Columbia University

Medical Center whose revolutionary techniques for quitting have been featured on >, in >, and RealAge.com. Mehmet C. Oz, MD, is a #1 New York Times bestselling author and multiple Emmy Award-winning host of The Dr. Oz Show. He is professor and vice chairman of surgery at New York Presbyterian-Columbia University and the director of the Heart Institute. He currently lives in New Jersey.

I have previously read several quit smoking books including Allen Carr's book. I found this book, Smoke Free in 30 Days to be the most helpful. The book is written more from the viewpoint of cognitive behavioral therapy. I found this book to be helpful because it expressed some of my concerns about quitting smoking, such as missing it in future situations and social situations. The beginning of the book goes through asking questions and explaining the different types of smokers. Once you have read through those chapters, the book has some activities you can do in regards to why have had trouble quitting in the past. The smoke free in 30 days part goes through activities to do to prepare yourself for quitting smoking and then things to do the first few weeks you do quit. I believe this book would be good for anyone who has previously done anything involving cognitive behavioral therapy or for those who enjoy interactive self help books. I am not really a big fan of "self-help" books, but I did find this one helpful.

This is a practical, structured way to stop smoking when you are ready. It takes you through a process of 30 days and gives you guidance through the entire month to help you. It is different than other books I have read on the subject. Definitely a worthwhile read.

This book exceeding my expectations! If you follow the program set forth in this smoking cessation book, you'll reach your goal of being smoke free. The book is full of information, daily to-dos, and inspiration.

I've been smoke free for 3 months now, and this book did help me do it! Most of the information was not new to me, as I have tried to quit several times now, and I've read a couple other books on the subject of quitting cigarettes. But reading this did kick my will power into high gear and really made me want to quit.

My friend liked the book, but unfortunately she started smoking again.

it was alright

Easy to read and follow.

Smoke-Free in 30 Days: The Pain-Free, Permanent Way to Quit This book helped my daughter's boyfriend quit! It helps you identify triggers and substitute healthy behaviors, like exercise. It has a detailed a ten day program for the days before you quit. For example, preparation involves buying appropriate nicotine substitutes and smoking on a schedule to break the smoking/trigger connection. Then the book guides you through quitting with day by day instructions. It's easy to read and follow. Don't go cold turkey alone. Buy this book instead.

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