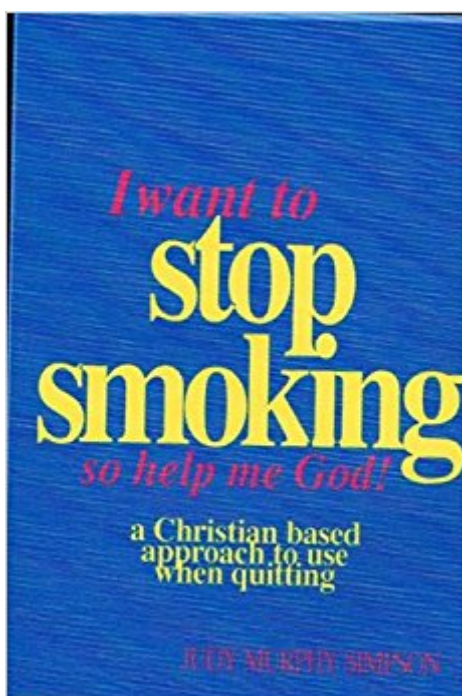


The book was found

I Want To Stop Smoking...So Help Me God!: A Christian-Based Approach To Use When Quitting



Synopsis

The purpose of I WANT TO QUIT SMOKING, SO HELP ME GOD, is to assist smokers using a Christian-based approach. Judy Murphy Simpson, having worked with thousands of smokers, has found that including Christian principles and concepts into the quitting process greatly increases a smoker's opportunity for success. Key messages in the book include: Letting go of past failures Accepting responsibility Developing a positive attitude The vast majority of smokers are physically, mentally and emotionally addicted to cigarettes. They feel better when they have a cigarette. But, nicotine is like a slap in the face. The "hit" that relieves their discomfort quickly loses its short-lived effects. Then the smoker feels let down or tired. Yet smokers often convince themselves that they are never alone, if they have their cigarettes: their little buddy, pal, best friend who is always there to provide comfort and a pick-up. But deep down, most smokers acknowledge the truth: cigarettes are really their worst enemy. What do you have to lose by reading this book?

Book Information

Paperback: 260 pages

Publisher: MacTech Services, Inc (October 21, 2013)

Language: English

ISBN-10: 0989007812

ISBN-13: 978-0989007818

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #707,172 in Books (See Top 100 in Books) #92 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking](#) #2870 in [Books > Christian Books & Bibles > Christian Living > Self Help](#) #3855 in [Books > Christian Books & Bibles > Christian Living > Personal Growth](#)

Customer Reviews

What you didn't do before doesn't matter what you do now does... To do nothing is worse.. buy the book

I was trying everything to quit smoking, but this book opened up a completely new world for me ,it gave me tools ,to fight my addiction and I stopped ,no medication ,no drugs ,jsust the Super Power!!!

[Download to continue reading...](#)

Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) I Want to Stop Smoking...So Help Me God!: A Christian-Based Approach to Use When Quitting Quit Smoking Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat: The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Complete Idiot's Guide to Quitting Smoking Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology and Addiction

Medicine How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking)

Giving Up Smoking: How to Stop Smoking Cigarettes Once and For All!

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)