



My FINAL Quit: How I quit smoking and broke a 40-year addiction

Pam Young

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REAL FEELING EXPRESSED IN A CONVERSATIONAL MANNER AND VERY INFORMATIVE TO THIS NON- SMOKER! I'VE LAUGHED AND LAUGHED AS WELL AS REFLECTED ON A NUMBER OF THINGS YOU WROTE ABOUT! ~Judy, TX

Overview: *My FINAL Quit* is the companion who understands how hard it is to quit. Told with raw emotion and humor, Young shares her journal from first toke to last and the startling realization that busting her addiction was really her soul's journey to discover her Self. She shares holistic alternatives for emotional upheaval, killing craves and dodging weight gain. For smokers and non-smokers alike, *My FINAL Quit* offers invaluable insights, useful tools, and great encouragement.

IT GAVE ME A LOT TO THINK ABOUT. YOUR TRUTH OF SOUL WAS VERY INSPIRING. IT LIVES WITH ME IN AN UPLIFTING WAY. ~Darci, CO

LOVED THE BOOK - IN FACT, THE EXPRESSION "ATE IT UP WITH A SPOON" CAME TO MIND WHEN I FIRST FINISHED IT...CAPTIVATING, REAL, AND LACKING THE STANDARD TONE OF SELF-RIGHTEOUS "QUITTER ZEAL." ~Martha, NB

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Sandra Birk:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their free time with their family, or their particular friends. Usually they undertaking activity like watching television, gonna beach, or picnic in the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the book untitled My FINAL Quit: How I quit smoking and broke a 40-year addiction can be good book to read. May be it could be best activity to you.

David Baxter:

In this time globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The particular book that recommended to your account is My FINAL Quit: How I quit smoking and broke a 40-year addiction this guide consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The dialect styles that writer value to explain it is easy to understand. The writer made some exploration when he makes this book. This is why this book acceptable all of you.

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