



## How to Stop Smoking: A Complete 14 Day Program by the Life Change People (Paperback)

By Alex Gunn

BooksMango, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Change is difficult; losing weight, cutting down drinking, improving relationships, stopping smoking, increasing self-esteem, eating healthily and dealing with anxiety are all really, really difficult. This series of self-help workbooks will help you make all of these changes. Each workbook has been carefully devised by a small group of specialists to ensure that you make lasting changes as fast as possible. Each program uses tried and tested research based exercises and techniques from Motivational Psychology. The workbooks in this series are: Cut Down Drinking: A 14 Day Self Help Program Relationship Doctor: A 14 Day Self Help Program That Will Help You Fix and Avoid Relationship Problems Pass Exams Without Anxiety: A 9 Step Program Deliver Great Presentations: An 8 Step Program Pocket Psychologist: Diagnose Your Own (And Everyone Else s) Personality Problems Take Control of your Body and Your Life: A 21 Day Program Stop Smoking: A 14 Day Program\* All of these programs have been carefully devised by The Life Change People ( who offer bespoke Life Coaching, Counselling and Couples Therapy Holidays in Thailand. Please do contact us through our website if..

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