



## Test How Cannabis Affects You (THC-Ay) (Paperback)

By Jon Carroll

Blurb, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A workbook that provides information, education and support around the use of cannabis. Whether you are looking to cut down, stop using cannabis altogether or just want factual evidence-based information, Test How Cannabis affects you (THC-ay) is the most comprehensive package available. THC-ay boasts a paperback self-help workbook and complementary website packed with educational resources. There is access to presentations, video files, mental health advice, eBook version, mindfulness tips and links and a blog page for people to express their thoughts an feelings. The website will be updated on a regular basis and for those who choose to take the THC-ay assessment and want follow up, there will be email updates and alerts. The workbook, combined with the additional online resources, help identify specific pros and cons about your cannabis use and encourage that you monitor your use and be mindful of your wellbeing. The website and workbook do not endorse participation in illegal activity and do not promote cannabis being either a positive or detrimental substance. The advice and information is impartial and acknowledges that cannabis remains a contentious topic that needs further discussion...



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