



How to Quit Smoking Without Gaining Weight

The American Lung Association

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Do you rely on smoking to keep your weight in check?

Are you afraid to quit smoking because you're worried about gaining weight?

Have you gained weight after quitting smoking...and gone back to smoking with hopes of losing the weight?

If you answered YES to any of these questions, it's time to learn

HOW TO QUIT SMOKING WITHOUT GAINING WEIGHT

Based on the American Lung Association's smoking cessation program, here is expert advice on how to quit smoking in a healthy way that allows you to kick the habit without ruining your waistline. This groundbreaking book will show you:

1. How quitting smoking can add years to your life
2. Why vegetables and fruits are the most important foods to eat while you're quitting
3. How to add more physical activity to your day
4. Which foods to turn to during a nicotine craving
5. How to stay motivated, even during tough times

...and dozens of other strategies that can help you to work with your cravings -- instead of against them -- to attain a healthy and fit smoke-free life.

Includes meal plan suggestions, recipes, and snack ideas!

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Janie Williams:

This How to Quit Smoking Without Gaining Weight is great guide for you because the content that is full of information for you who have always deal with world and still have to make decision every minute. This specific book reveal it data accurately using great organize word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but challenging core information with lovely delivering sentences. Having How to Quit Smoking Without Gaining Weight in your hand like finding the world in your arm, data in it is not ridiculous just one. We can say that no e-book that offer you world inside ten or fifteen tiny right but this reserve already do that. So , it is good reading book. Hello Mr. and Mrs. hectic do you still doubt that will?

Beverly Thomas:

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