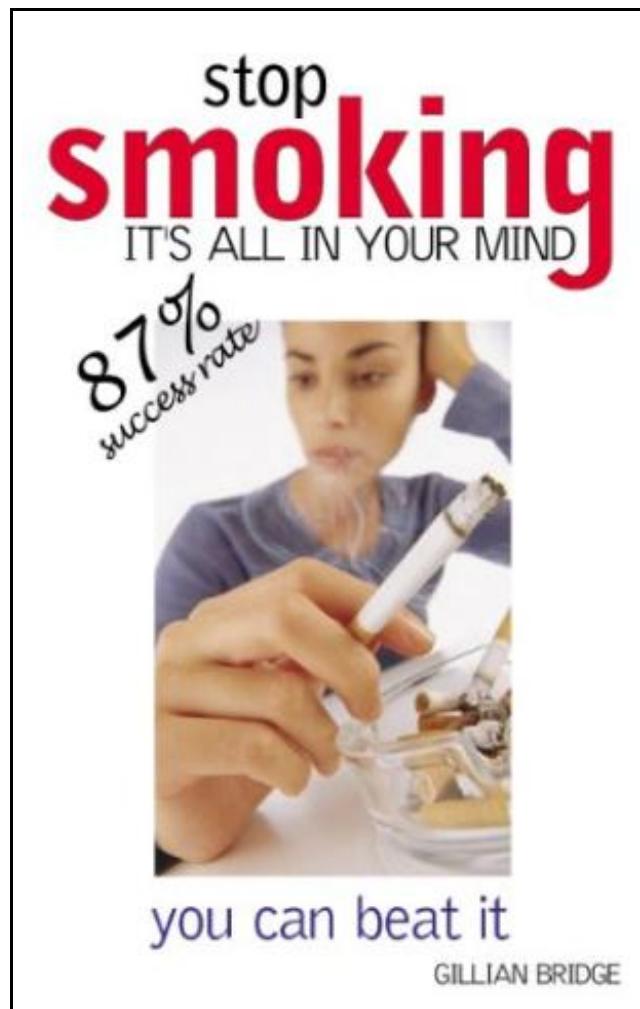


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W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Stop Smoking it's All in the Mind, Gillian Bridge, Here is an 87 per cent success rate. Gillian Bridge is a former English lecturer and psychologist. She combined this training to become a professional Psycholinguistic Consultant. The approach is individual. There is a questionnaire assessment and self-perception analysis. This title presents a step-by-step plan for giving up, getting through tough times and staying that way. Smokers know full well that their problem is in their minds. There are triggers that the mind uses to reinforce their habit. For some it may be a cup of coffee, for others perhaps the telephone. But every time the trigger is pulled they reach for a cigarette. To overcome this problem they need to pre-empt the mind and have a stronger defence in position before they start to stop! In this book, smokers will learn the unique reasons why they smoke and from there how to tailor a personal step-by-step programme that will help them to give up smoking for good. And it's a programme that is 87 per cent successful.



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