



Quit Before You Know It: The Stress-Free, Guilt-Free Way to Stop Smoking--By Planning Your Relapses

Sandra Rutter

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Learn about a stress-free, guilt-free way to stop smoking - for good. An ex-smoker and psychologist, Sandra Rutter walks you through her innovative method in *Quit Before You Know It*, providing you with step-by-step instructions and strategies that you can use to help you kick the habit.

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