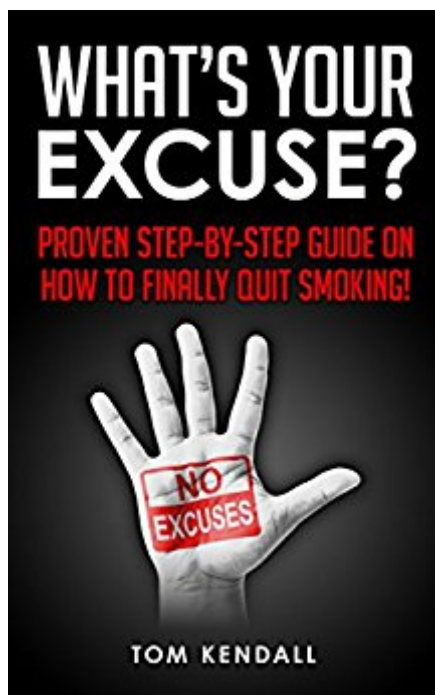


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# What's Your Excuse? Proven Step-by-Step Guide On How To Finally Quit Smoking!: Quit Smoking Tips, Stop Smoking Timeline, How To Quit Smoking Easy, How To Stop Smoking For Life



## Synopsis

Only guide you need to successfully QUIT SMOKING, for life! There are a lot of books on how to quit smoking. You know what, quitting smoking is not that hard, staying non-smoker is the real deal. Most people can go without the cigarette for a few days, even weeks. But then what happens? Have you already tried to quit smoking, only to RELAPSE later? Most of us did! Sorry, but there is no EASY way to quit smoking. If it would exist, there would not be so many failed attempts to quit smoking. Famous words by Mark Twain say it all: “Giving up smoking is the easiest thing in the world. I know because I’ve done it thousands of times.” Do not worry, there is no easy way to quit smoking, but there is the RIGHT way to do it! The book deals with ALL the aspects of smoking and nicotine addiction. First, it will strip you of all the excuses, then give you a Step-By-Step plan on how to quit smoking - for life! You will be able to do it WITHOUT WEIGHT GAIN and this time, you will be prepared to deal with the inevitable ups and downs regarding MOTIVATION. A pack-a-day smoker will spend 150,000 \$ on cigarettes in next 40 years. Do you want to save this money and turn it into 800,000 \$ in 40 years? Think that is impossible? See for yourself! What is your excuse for smoking? Do you smoke because you have a stressful life? Cigarettes calm you down? You plan to quit later? Your brains make you believe all those stories, because you are ADDICTED to nicotine! Stop making excuses and quit smoking for life! I have been smoking for 20 years and made ALL THE MISTAKES people make, trying to quit smoking. You will learn what those mistakes are and how to avoid them! When you decide to quit smoking, your motivation is running high. A few weeks later, your motivation plummets. This is the time you start making excuses. Maybe you can smoke only one cigarette, right? BOOM, you are addicted again. I will show you how to avoid this TRAP. You will experience a lot of CRAVINGS. The moment you stop smoking IRRITABILITY and NERVOUSNESS are high. You have to prepare, to be able to handle cravings appropriately. Book will teach you how to change your HABITS and RITUALS. Are you afraid to quit smoking, because you think that without the cigarette, you will not enjoy morning coffee, or beer with your friends? I will show you how to live a RICH and HEALTHY life, like millions of non-smokers do. I will show you all the HEALTH BENEFITS of quitting smoking. I will give you a complete quit smoking TIMELINE. There are HEALTH RISKS that you are probably unaware of. Yes, we all know about lung cancer and stroke, but how about IMPOTENCE, DIABETES, BLINDNESS and many other diseases also caused by smoking. The book will also show you the importance of having people that give you SUPPORT at the right time. The importance of EXERCISE and how to improve your fitness level. There is a personal story at the end of the book. It describes my attempts to quit smoking, and the mistakes I made. It shows the struggle most of

smokers go through, when they try to quit smoking. You can learn a lot from the personal story itself, and avoid making the same mistakes. This book is your guide to longer, healthier and happier life. Tags: quit smoking, quit smoking tips, quit smoking naturally, quit smoking guide, quit smoking plan, quit smoking for life, stop smoking, stop smoking for life, quit smoking the easy way, quit smoking now, quit smoking free, stop smoking now, stop smoking the easy way, stop smoking for life, stop smoking, quit smoking benefits, quit smoking timetable, quit smoking health, quit smoking finance, stop smoking finance

## **Book Information**

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## **Customer Reviews**

Tom Kendall is the modern day Allan Carr! I found this book while searching for yet another method to help solve my fifteen year smoking habit. I downloaded and read it cover to cover in a single day. Not only is it full of useful information and statistics it's written in a way that makes it fun to read. I caught myself giggling out loud a few times and was entertained for it's entirety. It's been 3 days now and I'm still smoke free. Having this book at my finger tips makes me feel like I now have control over my life. If ever I get the urge to smoke I know I can just open it back up. This book is a life saver, literally. I highly recommend it to anyone looking for a fun way to break the habit.

What's Your Excuse? is a how-to book on how to quit smoking. Kendall gives a step by step process punctuated with real life experiences to help you become, and stay a non-smoker. I found this book interesting and compelling. I enjoyed the statistics and examples used in this book. Kendall did a very good job at infusing gentle humor into a serious subject. This book is well written, educational, and thought-provoking. I would recommend this book to those who have tried to quit smoking before and have not been successful, as well as anyone serious about quitting.

First, let me say I am not a smoker. My father died of lung cancer. Unfortunately my son is. I saw this book for 99 cents and thought "What the heck" Wow! This is a great book if you are trying to quit smoking! Mr. Kendall did a wonderful job helping the smoker achieve this goal. It was a short read that I will be reading aloud to my son, word for word. I recommend this to anybody who is serious about kicking this habit!

This book is going to help a lot of smokers wanting to quit. The author lays out very clear direction behind how to quit and gives great motivation from someone who's been there before. Buy this book and finally quit!

Great book, read it on the third day that I was smoke free. Smooth, easy and a pleasure to read.

This is a great step by step guide on how to quit smoking. I highly recommend this book if you are trying to quit smoking. Quitting smoking can be hard, which is why you need to read books like this.

This is a must read book for everyone who is determined to stop smoking, but needs that final push! I have been a smoker for 20 years. For the last couple of years I am trying to quit. By trying I mean setting the date when I would quit, but then I always found an appropriate excuse to postpone chosen day to more suitable time. It always came down to next Monday. I could never do that final step and simply not light up another cigarette. I decided to search for help and I came across this book. Author first describes excuses that we smokers use to continue smoking and explains why all these excuses don't actually hold water. I found myself in several of given excuses and realized how I was preventing myself to even try to stop. Then the author reveals the naked truth behind smoking as an addiction and a very hard one. I am among those smokers who believed that they have this nasty habit under control and can quit whenever they wish. Boy, was I wrong. The book helped me to

admit to myself that I have an addiction problem with very serious consequences for my health. So, it happened finally that I took that step. One day I woke up and didn't light a cigarette. I just decided that morning it is that day for me. I was encouraged with all the information that I received in the book. I knew what to expect and how will I feel. First couple of days I had several extremely critical moments when I was craving for a cigarette and believed I couldn't manage. But I reminded myself that the feeling will pass. That was most valuable thing that I got out of the book - how to deal with cravings and how to stay motivated. It is clear that author was a smoker and he knows what he is talking about when describing the process of quitting with all its side effects. Thank you, Tom Kendall :-)

I received this book for free from librarything.com members giveaway. I will start by saying that this is great to have all those "stop smoking" books out there. They may be good, they may be worst but still they have some seed of motivation in them and one can't really know which one of the books will be the turning point for him. Otherwise this book was nothing special. Actually the more I read the more I had the feeling that I had seen something like that in the past. Wait a minute. I even know where - it's Alan Carr! A little bit changed, a little bit cut short and a few sentences added.

Resemblance was so astonishing that sometimes I had a feeling that couple of sentences were constructed by "copy - paste" principle. Looked like a plagiarism to me. Sometimes it was a little bit changed but still the idea remained. For example, where Carr is speaking of shoe which is one size too small, this author speaks of elastic band wrapped around the finger. The meaning is the same! It's sad. It's really sad that someone wants to make Money out of someone else's problems without even giving an appropriate effort to achieve that. It's actually the same kind of smoking business the author so condemns in the book. Hypocrisy I call it. I would have given this book nice round one star if it wouldn't be for some good thoughts I liked and which felt original: 1. The improved chapter about Money; 2. Statement that quitting IS hard which runs contrary to Carr; 3. Some funny statements like that no one thinks he will be the one to die, while everybody believes to be the one, to hit the jackpot against all the odds. Book was packed with sentences which tells us that researches show this and that, scientists have discovered that and that but actually there is no cross-references to those studies which accordingly leads to conclusion that those are all just empty nice phrases. Besides the author makes false claims. For instance, when he says that there is no direct relationship between quitting smoking and gaining weight. Actually there IS and that means that the author hasn't done his homework. Another story is about is it worth to stay slim and risk your Health. To conclude: if this book is given out for free it's still worth to read, but it's certainly not worth your Money.

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