

How To Stop Smoking And Stay Stopped For Good

By Gillian Riley



A former smoker and overeater, Gillian Riley has been teaching her successful techniques for stopping smoking and eating less since 1982. Her work has at its focus

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HOW TO STOP SMOKING AND STAY STOPPED FOR GOOD Written and read by Gillian Riley (UK banks only, made out to Gillian Riley) to: Gillian Riley, BM 6825,

You decided to stop smoking? Great it s one of the best things you can do for your health. But quitting isn t easy. Nicotine the addictive ingredient in

Quitting smoking is not easy, but you can do it. To have the best chance of quitting and staying quit, you need to know what you're up against, what your options are

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