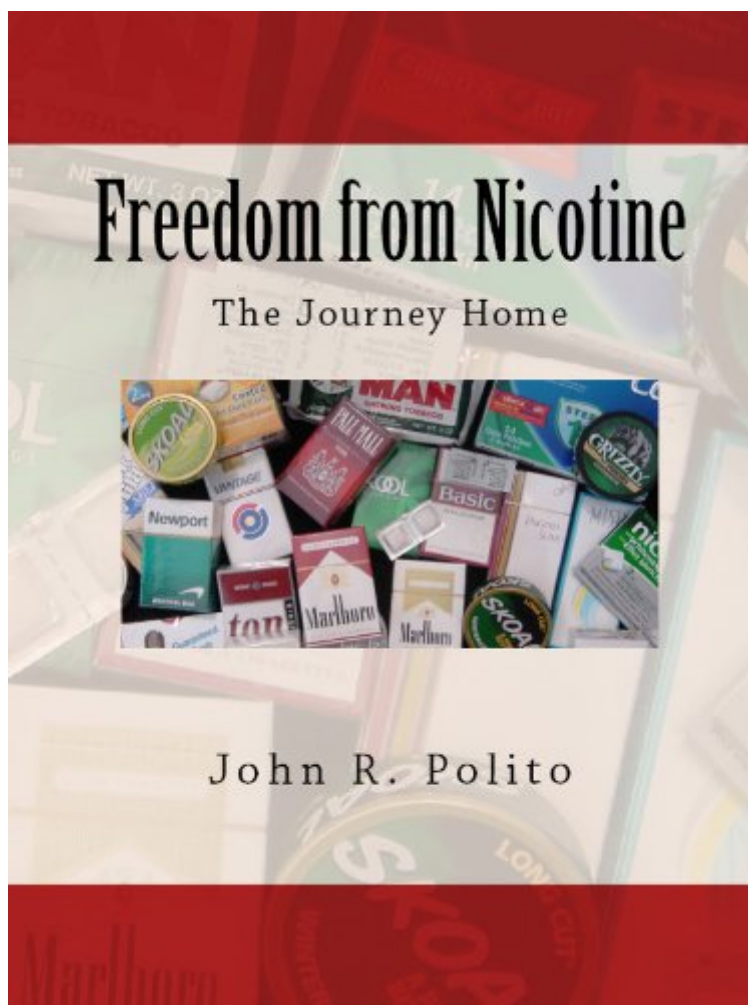


The book was found

Freedom From Nicotine - The Journey Home



Synopsis

When quitting, how long does a crave episode last, how frequently do they occur, and what coping skills aid in navigating them? What is the "Law of Addiction" and why is it the most important lesson of all? What are the relationships between nicotine and stress, alcohol, caffeine, vitamin C, food, eating and blood glucose levels? Why fight in darkness when you can turn on the lights? Written by the 1999 founder of WhyQuit.com – arguably the most popular quitting site ever – "Freedom from Nicotine: The Journey Home" is unlike any other stop smoking book. First and most obvious, its focus is nicotine, not the means by which it's administered. Most nicotine dependency recovery lessons apply equally to cigarettes, cigars, pipes, chewing tobacco, dip, snuff, snus, the nicotine gum or lozenge, or to the new electronic or e-cigarette. Rooted in the lessons of Joel Spitzer, author of the popular quit smoking book "Never Take Another Puff," this is the first cessation book to document the art, science and psychology underlying successful abrupt nicotine cessation. Take your own poll. Contrary to three decades of pharmaceutical industry marketing, more long-term ex-smokers succeed in quitting cold turkey each year than by all other methods combined. It's fast, free, effective, science-based and safe. Educate your natural instincts. Live the magic of becoming smarter than your addiction is strong. Discover why knowledge isn't just power but a quitting method. Yes you can!

Book Information

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Customer Reviews

I had made the decision to quit smoking, cold turkey, several times. I tried 5 times over 10 years and failed after days, or weeks, each and every time as did not understand the nature of the addiction. I stopped again for a 6th time; desperate to give up these hideous cancer sticks and my wretched, lingering cough. 30 hours in to the quit, at the toughest point really, I was searching for reading material to help me through. Luckily for me, I found John's book and downloaded it to my eReader. I read it, in total, three times during those first few weeks of my quit. As John says, "Knowledge is Power" and he packs knowledge into this book. And it does impart power. And I am still a successful non-smoker and always will be. I will Never take another Puff as am no longer enslaved.

and that will change the way you think about smoking. After thirty-six years of active addiction, and many failed attempts, I wanted desperately to quit smoking, but I had no idea how. I found the thought of living without cigarettes paralyzing. This book helped me to understand nicotine addiction. It helped me to believe that somewhere deep inside there was a long forgotten non-smoker who was waiting anxiously to be found. It showed me a very simple formula to become free, that would also allow me to remain free. It provided me with the courage to take that first step forward. It taught me to celebrate my choice to not smoke, not to fear it. Today, with more than thirteen years of smobriety, I can say that the knowledge I received in this book helped me to save my good health, and ultimately, my life. If you are an active smoker, there is a place that you cannot imagine exists. It is a place where freedom from nicotine is lasting, and the comfort found in that freedom is complete. It is so much closer than you think. This book can lead you there, and it can keep you there.

I smoked for 35 years, I wanted to quit all the time, I tried hypnosis, patches, aversion therapy, acupuncture nothing worked. Never could figure out why, then one day I stumbled on Freedom from Nicotine while just surfing the Internet. It fascinated me, I read the book while smoking, a re read my favourite parts. I found that I wanted to try this new and educated method of cold turkey quitting. I was blown away to find out that I was a addict, just as addicted as I was abusing alcohol or drugs. Nicotine had made me a slave and I didn't know it, until I read all about it in John Polito's ebook.Armed with knowledge I quit. Scared to death, but now eight years later I thank this man for

giving knowledge to kick the habit. For giving me rules to stay quit, and I thank him for my life and highly recommend this very readable book to anyone that smokes.

I smoked for 32 years, a pack and a half, sometimes two a day. Then I found Freedom from Nicotine. Freedom explains, educates, even holds your hand during the quitting process, and made my quit doable. After so very many attempts, I finally am Free. Thank you John Polito, I wish I could give this book to every smoker I meet.

I highly recommend this book to anyone who is looking for answers on how to quit smoking. John Polito, an ex-smoker himself, has written the most fantastic book to take you through the emotional and physical journey to freedom from nicotine. The wealth of information in this book was first introduced on whyquit.com, a site that John founded in an effort to help those with the desire to quit smoking. It was there that I became an educated quitter and I have been successfully quit for 10 years now. I will be forever grateful to John for all that he has given of himself to help myself and countless others find our freedom. The wonderful part of having this valuable information in book form is that you can take it with you everywhere and you can even make a gift of a copy to your friends. I know that once you read it, you will agree that nothing else is needed to help you quit smoking.

I smoked for more than 40 years and used nicotine lozenges for more than 8. You don't have to give your money and health to the evil empire. This book will show you the way. I'd just as soon gargle with paint thinner as put nicotine poison on my skin or in my mouth.

Great book- well researched and acts as a manual on typical experiences of how the body and mind changes when you quit nicotine. I read Allen Carr's book first which gave me the confidence to jump off the nicotine bandwagon and read this book 50 days into my quit. I am now teetering on 100 days of cold turkey recovery. It helps.

I have been trying to stop smoking for 20 plus years ,but still smoking after using all the gimmicks and reading everything out there ,I found this book and it was different . Learning about the the law of addiction and all the other information in this book I have quit smoking ! I am rereading this book again just to make sure i never forget what I learned from it , and a big Thank you to those who wrote it

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