



Smoke-Free in 30 Days: The Pain-Free, Permanent Way to Quit

Ph.D. Daniel F. Seidman Ph.D.

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I'M TOO STRESSED TO STOP. I'LL GAIN WEIGHT IF I QUIT. I'VE TRIED AND FAILED TOO MANY TIMES TO COUNT. Why are you still smoking, even though you want to quit? Based on twenty years of research and hands-on work with countless smokers in his clinics at Columbia University and New York Presbyterian Hospital, Dr. Daniel F. Seidman understands that people smoke - and quit - for different reasons and what works for one smoker might not work for another. 'Are you a Situational Smoker? Monitoring your reactions in different situations is a step toward permanently losing interest in cigarettes' Are you a Worried-about-Weight Smoker? Properly using treatments like Nicotine Replacement Therapy (NRT) can help you quit and get healthy in all aspects of your life. 'Are you an Emotion-Triggered Smoker? Scheduling your smoking breaks and sticking to a rigid "smoking schedule" helps break the link between stressful situations and craving cigarettes. In a comprehensive, 30-day program, Dr. Seidman explains how to retrain your brain, take advantage of all the tools at your disposal, and end the month smoke-free and feeling stronger than ever!

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