



The Cold Turkey Chronicles: Quit quitting and just quit smoking (Paperback)

By A. O. Comerford

Troubador Publishing, United Kingdom, 2014. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The Cold Turkey Chronicles will help you quit smoking - but it is not your typical self-help guide. Derived from the author's own myriad of quitting experiences, A.O. Comerford transforms the process of quitting into an adventurous quest. The goal is to rid yourself of your fiery-eyed nemesis - tobacco - for once and for all. Day by day, challenge by challenge, A.O. Comerford shows readers how to reach their smoke-free goal. Drawing on a wealth of personal experience, he clearly and astutely outlines the dangers and obstacles you will encounter on your journey, and with a mix of straight talking, compassion and humour, explains how to combat them with a minimum of discomfort - all the while offering sound advice and encouragement. The Cold Turkey Chronicles is an indispensable self-help guide for anyone who wants to quit smoking.

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