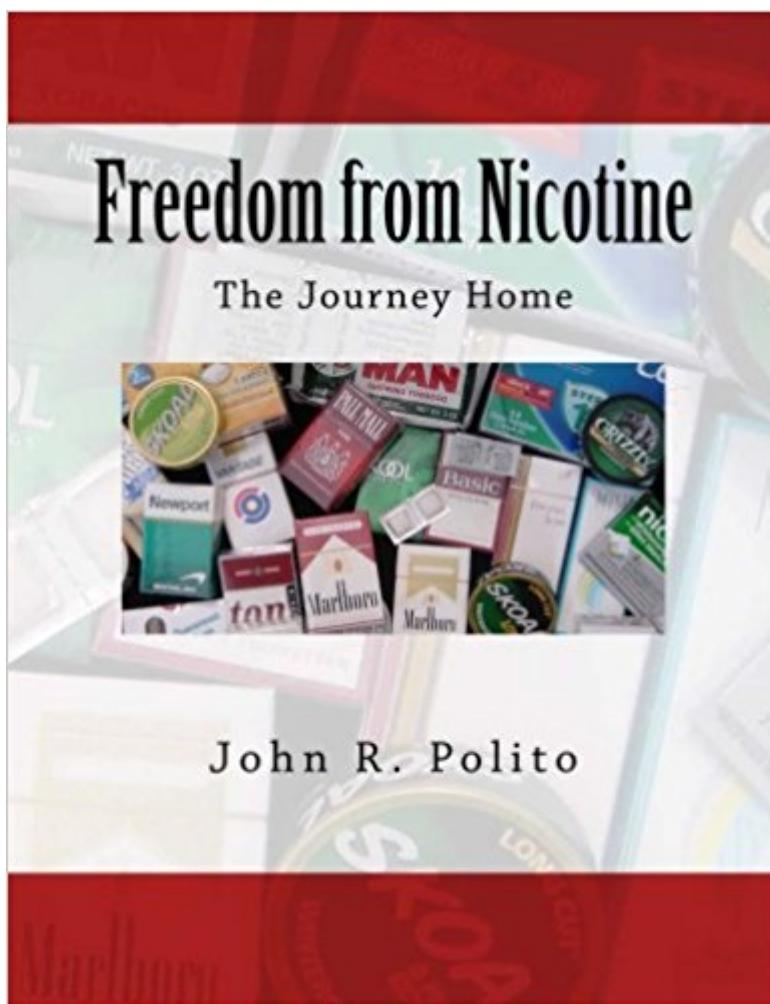


The book was found

Freedom From Nicotine - The Journey Home



Synopsis

Looking for the "Easy Way to Stop Smoking," vaping, chewing or dipping? Wish you could succeed and "Never Take Another Puff," vape, dip or chew? Although "Freedom from Nicotine - The Journey Home" (FFN-TJH) was not written by the late Allen Carr or Joel Spitzer, it certainly could have been. The common thread between all three books is the message that coming home is vastly more do-able, and far more wonderful than the user's frightened, misguided and enslaved mind believes. It wasn't that you couldn't quit and stay free, but that you hadn't, as yet, been properly schooled as to why you really use. FFN-TJH was written by John R. Polito, a former 3 pack-a-day smoker, and the 1999 founder of the popular quitting site WhyQuit.com. He's also director of both Turkeyville, Facebook's popular quit smoking support group, and Freedom, the oldest and still most focused cold turkey support site. John's 13-year mentor, Joel Spitzer is arguably the most studied smoking cessation counselor alive. WhyQuit's education director since 2000, Joel's core lessons provide the foundation for this book. Having taught cessation full-time for more than 40 years, Joel had presented more than 100 two-week, six-session quitting clinics while Allen Carr was still smoking five packs-a-day. Like John, Allen discovered the easy way the hard way. Allen's final book before dying was called "Scandal." Written the week he was diagnosed with the lung cancer that claimed him, in it he states, "I read an interesting article in the British Medical Journal recently by someone not on the payroll of the pharmaceutical industry. It caught my eye because it was entitled: 'The NRT cessation charade continues.' The author is an American called John Polito who works as a nicotine cessation educator, which means he is honest about trying to stop the source of the addiction, rather than maintain it." Educate your natural instincts. Live the magic of becoming smarter than nicotine's influence upon your brain. Discover why knowledge isn't just power but a quitting method. Just one brave step, yes you can!

Book Information

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Average Customer Review: 4.6 out of 5 stars 36 customer reviews

Customer Reviews

This book is the perfect tool to help any nicotine addict break free once and for all using the cold turkey method. Detailed and fascinating research arms the reader with the power of knowledge about what nicotine addiction is, how to stop it and recover from it. It's the most thorough book on the subject, providing an enlightening read that helps any smoker through the worst of withdrawal and into the calm of being smoke free. It's a joy to be smoke free. Thanks, John, for putting this on !

Love how book correlates w/website. It is concise, and leaves no room for hedging, unless you wish to. This is a true commitment book. EXCELLENT.

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

Learning about addiction really helped me to stop being afraid of how I would deal with not smoking anymore. I found every part of the book useful, like having my own personal coach. By the end of the book I wasn't smoking and was excited about finding out who I was now that nicotine wasn't influencing my thoughts, feelings, and behaviour.If your reading these reviews don't waste anymore time; start reading the book immediately and reclaim your freedom!!

The fact is, the gimmicks don't work. Nicotine replacement therapy doesn't work.What works, then? How do you stop smoking cigarettes? Easy.You just don't smoke any more cigarettes. This is the message contained in this book, and you find that message woven throughout each chapter and

article. Instead of picking up a smoke, pick up this book, open it, and read. It will calm you to know that more people have quit cold turkey than on any of the other programs combined. Is it hard? Yes, of course it is. But it's well worth it.

I read this book without any stops from 2pm on the day I found it to 6am the next morning. It was unputdownable. This is perhaps the most honest and passionate read you will find if you have been or are a smoker and want to quit. It lingers in your memory long after the addiction is gone. This is an example of how knowledge, awareness and self observation can change lives.

This is my 3rd cessation book read. It does address some topics that were not in the other books. Too much written on studies and long winded chapters. Found myself skimming and/or skipping a bunch.

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