



Smoking - The Secret Art Of Stopping

Stephen Ross

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Are you desperate to stop smoking once and for all? Do you think you will never stop? Do not despair! In: "Smoking - The Secret Art Of Stopping", Stephen Ross shows how he, and his friends, quit thirty years of chain smoking permanently, with minimum drama, little effort, and absolutely NO willpower! For less than the cost of one pack of cigarettes, this wry, enjoyable, upbeat book takes self-help literature to a whole new level, focusing on the power of mindfulness in the process of quitting. Firstly, Ross details the psychology and physiology of smoking, showing how nicotine takes control of your brain with your very first cigarette. He then highlights the crucial role of "smoking knowledge" - those beliefs and myths that keep you smoking, and prevent you from quitting. Finally, based on tested principles from Sun Tzu's best selling military text; "The Art Of War", he reveals the true secret of stopping for good - turning the strategic power of that "mindful knowledge" back upon smoking itself. By focusing on the power of mindfulness, Ross achieves an entirely new twist on the age old problem of quitting - through a combination of passive preparation and military strategy, you will be able walk away from willpower, and stop smoking forever!

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