

Stop Smoking Now Motivational Tutorial Document

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I'm going to start this tutorial by stating that I have never dreamed, or even thought about writing my own book. Being a writer is not something that has ever appealed to me but this book was different. This book contained life saving information that made me change my life forever. This information was the key to my continued healthy and fit lifestyle that has and will forever more meet me with positive experiences. With the information provided within this book you will be able to prepare your mind for the near impossible OBLIGATION of quitting smoking. Yes, this tiny little book within your hands is all I needed to quit smoking and I'm Sure it will also be all you ever need to quit smoking. As mentioned, This book is tiny. It is not crammed with lengthy explanations and scientific data. It will not bore you to tears with redundancy or boring humor. It is the bottom line preparation of Your own mind to get yourself through the mentally laborious task of quitting smoking. So are you ready to be a non-smoker or are you just another "yeah i gotta quit" type of person? Are you ready to be a non-smoker? If your answer is Yes then continue to read. If your answer was a no, you might as well stop wasting your time from here.

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