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Descrizione fisica	1 online resource (2 audio files) : digital
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Altri autori (Persone)	MillerEmmett
Soggetti	Nonfiction New Age
Lingua di pubblicazione	Inglese
Formato	Audiolibro
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Note generali	Unabridged.
Sommario/riassunto	Purpose: To eliminate or reduce the desire to smoke, to help create a new, non-smoking self-image and program desirable behaviors to replace smoking behavior, and to help manage the stress of quitting or cutting down. Recommended for all smoking styles including long-term smokers, heavy smokers, and people who smoke to reduce stress.