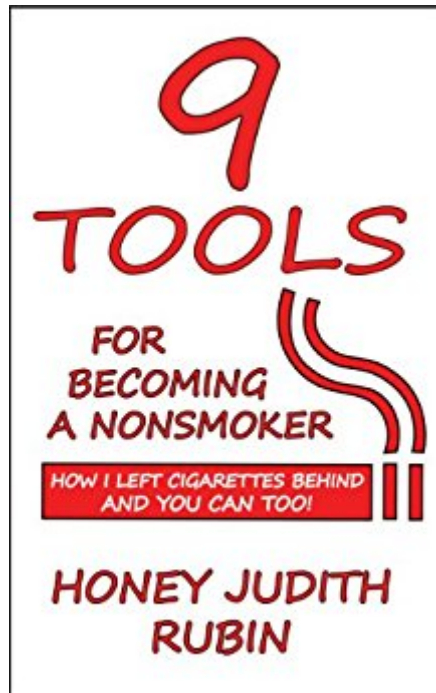




The book was found

9 Tools For Becoming A Nonsmoker



Synopsis

Acclaimed teacher Honey Judith Rubin offers from her own personal experience the wisdom that enabled her to take back the power she'd given cigarettes and say goodbye to her carton-a-week smoking habit over 30 years ago. Utilizing both empirical learning theory and spiritual "knowledge," Honey provides nine no-nonsense "tools" for success, beginning with the one that matters the most...being honest with yourself.

Book Information

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Customer Reviews

Honey Rubin saves lives! Beware, dear readers, Honey's methods are fierce and authentic. She is a gifted teacher who, by her own integrity, has helped me through life crises and taught me lessons that I will never forget. Like a warrior, she does not let you go easily. You will find her book very helpful, and although I do not smoke, I am purchasing it for my friends and family that are in need. I am thrilled that she is finally making her wisdom public, and I know that anyone who reads this will be more than well served.

Need help to quit smoking or know someone who does? Former smoker and warm, wise and witty woman Honey Judith Rubin has written a delightful small ebook. In it, she shows readers how to use universal principles like mindfulness, meditation and affirmations to kick the habit for the last time. I can see how her advice would work for other addictions, like overeating. For less than the price of a couple packs of cigarettes, you can be on your way to a smoke-free life.

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