



## The Cold Turkey Chronicles: Quit quitting and just quit smoking (Paperback)

By A. O. Comerford

Troubador Publishing, United Kingdom, 2014. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The Cold Turkey Chronicles will help you quit smoking - but it is not your typical self-help guide. Derived from the author s own myriad of quitting experiences, A.O.â Comerford transforms the process of quitting into an adventurous quest. The goal is to rid yourself of your fiery-eyed nemesis - tobacco - for once and for all. Day by day, challenge by challenge, A.O.â Comerford shows readers how to reach their smoke-free goal. Drawing on a wealth of personal experience, he clearly and astutely outlines the dangers and obstacles you will encounter on your journey, and with a mix of straight talking, compassion and humour, explains how to combat them with a minimum of discomfort - all the while offering sound advice and encouragement. Theâ Coldâ Turkey Chronicles is an indispensable self-help guide for anyone who wants to quit smoking.

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