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Stopping Your Addictions: All the Tools You Need to Break Addictive Habits (Paperback)

By Chan Lee

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Imagine that you are taking a puff of a cigarette, a slug of whiskey, a snort of cocaine, a shot of heroin, a toke of marijuana. Put aside first whether the drugs are legal or not. For now, just concentrate on the chemistry. The moment you take that puff, that slug, that snort, that shot, that toke, trillions of potent molecules rush through your bloodstream before finally reaching your brain. Once they settle there, these molecules will set off a cascade of electrical and chemical events, a type of neurological chain reaction that will ricochet around your skull and rearrange your mind's interior reality. And before you know it, you are addicted. This powerful ebook will provide you with everything you need to know to be a success and achieve your goal of getting your addiction control to a successful place. With this book, and its great information on controlling addictions it will walk you, step by step, through the exact process we developed to help people get all the info they need to be a...



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Reviews

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

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Merely no words and phrases to spell out. It is actually writter in basic words and phrases instead of difficult to understand. Your way of life span will probably be enhance as soon as you complete reading this article ebook.

-- **Lauren Quitzon**