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Robert D. Russell

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Have you reached a turning point in your life? Throughout the years as a smoker, you have researched smoking facts. You understand that there ARE benefits of quitting smoking. But, is that information about smoking enough to make you decide to quit? You realize that whenever you pursue quitting that there may be quitting smoking side effects. Yet, this doesn't intimidate you. You worry about smoking weight gain... but maybe you can discipline yourself if shown how, right. These are some of the questions that roll around in one's mind as they consider whether or not to stop smoking. Perhaps you have gotten on the phone and called a smokers helpline or a quitline to ask a few questions which are important to you. Have you tried getting through a no smoking day? You recognize the dangers of smoking and the effects of smoking, too. Above all, you want quit smoking help and hope that once decided you can discover the easy way to stop smoking. Consider this book placed on CD for your convenience and reading enjoyment as being one of your best stop smoking aids which will finally help you to decide. The method of how to stop smoking is easier to answer than exploring all the quit smoking products out there to consider. Smoking cessation programs work best when (and if) you are ready to take that step; but, in the meantime, you need to decide if you want help to stop smoking and are emotionally ready to begin having a life without cigarettes. If you are deciding to quit now, this book can help. If you are looking for tips to quit smoking, this will guide you to answer the questions of whether now is the Right Time in your life to stop smoking.

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