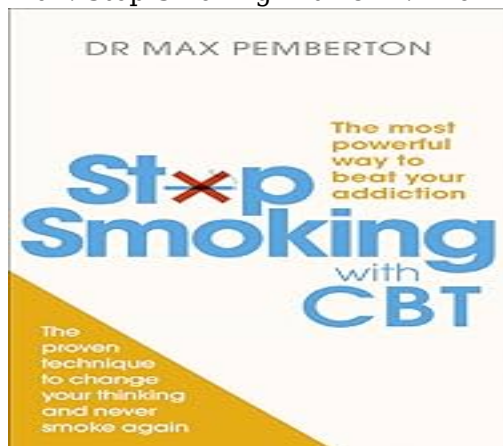


Stop Smoking with CBT: The most powerful way to beat your addiction By Max Pemberton Two years later I'm still smoke free : ) Stop Smoking with CBT: The most powerful way to beat your addiction The book itself is easy to read but for me personally it is much the same as reading books by Allen Carr. Stop Smoking with CBT: The most powerful way to beat your addiction As a nurse who has worked in Addictions and utilises CBT styled techniques with patients I can honestly say this book is life changing. The exercises at times did feel odd or not always so relevant to me but I didn't Stop Smoking with CBT: The most powerful way to beat your addiction Dr Max Pemberton used to describe himself as 'in love with smoking'. Dr Pemberton guides you through the process of quitting through his addiction expertise and his experience as a smoker wanting to quit and helps you avoid the common pitfalls that new ex smokers encounter. His method will: Stop nicotine cravings Transform how you think about smoking Make your desire to smoke simply melt away With Dr Pemberton's proven approach you won't worry about gaining weight or staying calm without cigarettes. Most importantly you'll discover that stopping smoking is one of the most exciting and exhilarating things that you can do! Dr Max Pemberton has spent many years working with people to overcome addiction. He's also a bestselling author of Trust Me I'm a Junior Doctor and a prolific writer in the areas of healthcare ethics culture and the NHS with a regular column in The Daily Mail. Stop Smoking with CBT: The most powerful way to beat your addiction



My best friend stopped smoking one month ago from one day to the other so I decided to try too. This one doesn't preach at you and doesn't dictate to you I have been enjoyably and happily smoke free for a month now and am using in conjunction with a low dose patch,

I purchased this book weeks ago now in the Kindle format but have waited to review it for a number of reasons: I purchased this book after reading a news article about Dr Max Pemberton (the author); his approach seemed revolutionary non judgemental and effective: I'm a Stop Smoking with CBT: The most powerful way to beat your addiction Read this book a couple of years ago and it was an very interesting read. Decided a couple of years later that I didn't want to pay £13 for a packet of ciggies any, Stop Smoking with CBT: The most powerful way to beat your addiction A MUST READ for anyone trying to be a non smoker: After that it's up to you if you stop smoking or keep smoking: Ironically he was doctor specialised in addiction but found it impossible to quit - until he found CBT, Cognitive Behavioural Therapy is now widely recognised as the most effective treatment for overcoming addicting. Stop Smoking with CBT draws explicitly on this set of mind training tools to help you stop smoking once and for all, You will train your brain to live without smoking once and for all. Being not too convinced I searched a push in and I'm happy I found this book. I read it twice over three weeks the second time doing the exercises: I set my Stop Smoking with CBT: The most powerful way to beat your addiction Far superior to other similar (and well known) quit smoking books, The patch alone never worked Stop Smoking with CBT: The most powerful way to beat your addiction This is a highly readable and easily to digest and understand book, Once you come to realise that quite often you are in a state of withdrawal and you light up to get back to 'normal' you find that smoking is pointless. Secondly once you stay quit you kill off the Stop Smoking with CBT: The most powerful way to beat your addiction.

. I stopped. No patches no gum nothing! Best thing I ever did. Can't praise it enough. It will help you understand your addiction. It is really easy to relate to and enjoyable to read