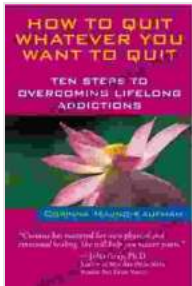


How to Quit Whatever You Want to Quit



How to Quit Whatever You Want to Quit: Ten Steps to Overcoming Lifelong Addictions by Bonnie Baumgartner

★★★★☆ 4 out of 5

Language	: English
File size	: 223 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 22 pages
Lending	: Enabled



The Ultimate Guide to Breaking Free from Addiction

If you're struggling to quit a habit, addiction, or behavior, this book is for you.

'How to Quit Whatever You Want to Quit' provides a step-by-step guide to help you break free from the chains of addiction and live a happier, healthier life.

This book will teach you:

- The science of addiction
- The different types of addictions
- The warning signs of addiction

- The benefits of quitting
- The challenges of quitting
- The different strategies for quitting
- How to stay sober

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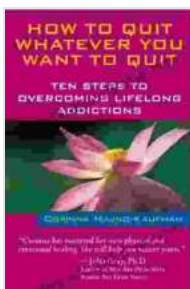


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Quit

THE POWER OF KNOWING
WHEN TO WALK AWAY

ANNIE DUKE



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