



Stomp on Smoking: A Stop Smoking Workbook with In-depth Lesson Plans and Guided Visualizations

Liza Boubari CCHt

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This self help workbook is an in-depth guide to helping you identify, accept, and act to becoming a non-smoker. We provide you step by step tools and lesson plan so that through self reflection, affirmations and guided visualizations, you STOP the habit and be FREE of smoking for good. Emphasis is placed on interpreting the reasons for holding on to your habit, breaking it, and choosing better ways to remain a non-smoker. Every individual comes to their smoking cessation goals differently. You choose - I help you "Be the Change!"

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