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# STOP SMOKING FOR GOOD

**Forget the Patch, the Gum  
and the Excuses with Dr. Prasad's  
Proven Program for Permanent  
Smoking Cessation**

**BALASA PRASAD, M.D.**  
with Catherine Whitney

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# **Stop Smoking for Good: Forget the Patch, the Gum, and the Excuses with Dr. Prasad's Proven Program for**

Balasa Prasad

Why do most folk who try and give up smoking fail-even with the aid of the nicotine patch, gum, medications, hypnotism, or different cutting-edge aids? In his radical method of conquering the smoking habit, Dr. Balasa Prasad states that those crutches are useless simply because they futilely concentrate on nicotine dependancy rather than the underlying mental triggers that enslave people who smoke to their habits. His inspirational and sensible application supplies readers a self assurance of their internal strength, is helping them establish their addictive profile with using questionnaires, and offers a strong three-step plan that would aid them kick the behavior as soon as and for all.

## **Stop Smoking For Good Forget The Patch The Gum And The Excuses With Dr Prasad S Proven Program For**

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