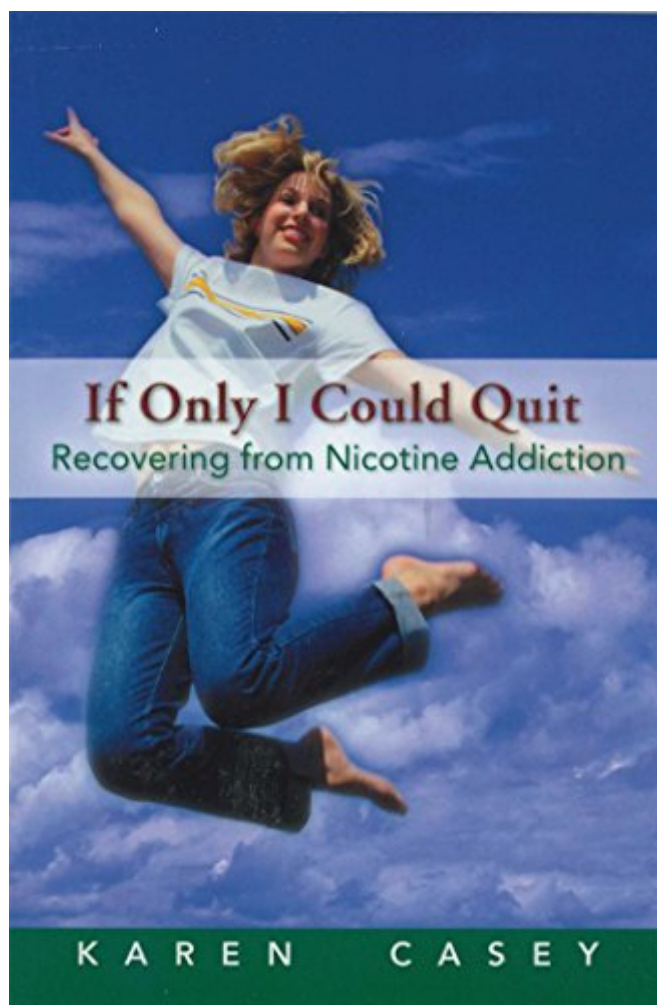


The book was found

# If Only I Could Quit: Recovering From Nicotine Addiction



## Synopsis

This complete resource brings together personal stories of recovery, Twelve Step guidance, and 90 daily meditations to help us become nicotine-free. This complete resource brings together personal stories of recovery, Twelve Step guidance, and 90 daily meditations to help us become nicotine-free. *If Only I Could Quit* is written by one of Hazelden's most popular meditation authors and a recovering nicotine addict.

## Book Information

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Twelve-Step Programs

## Customer Reviews

I quit a couple of years ago and this book was essential in helping. These are some great stories. I laughed at recognizing my behavior in some of the stories. There were so many different stories of different times, ages, situations, and places. Well, I relapsed recently and needed to quit all over again (because you seriously can never have "just one" as I found out the hard way at a high school reunion). I remembered this book, which I had since lost, and was thrilled I had it. Once again, it really helped. I'd read it anyways for the interesting stories. The devotionals/inspirational didn't do

anything for me, but it was worth it for the stories alone.

well on my way to quitting now.

Love this book. Let's hope I can quit smoking! The shipping took a little longer than I expected but the book is in excellent condition. Pretty sure I ordered it used but it looks brand spankin' new!

This is a great little book based on the 12-step model. Very helpful to me. I especially like the daily meditations. I've quite for 9 days so far.... Big help. I would recommend to anyone who likes the 12-step plan.

I read this book 24 years ago about 3 months before I got married; I was determined to start my married life as a non smoker. I loved the personal stories from people who had struggled to quit smoking and found the book to be very helpful when I was getting a strong craving for a cigarette. This book, along with a group hypnotherapy program I took at the time, really helped me to successfully and permanently quit smoking. I found it very supportive to read that other folks on the journey to quit smoking shared very similar thoughts, feelings, and experiences. And many times the book provided me with a good laugh, which I also needed at the time. So here I am, 24 years later, celebrating my 24th wedding anniversary today, and very thankful to the author for this little gem of a book that helped to improve my life and my health. After toting this book along through several cross country moves through the years I have finally passed it along to a neighbor who has struggled to quit. I hope it works for her as well as it did for me!

I used this book to stop smoking in 1999. I had tried many times before. The first three months or so I held Nicotine Anonymous meetings in my home. I used the stories in the book when I was having cravings. I would read 2 or three stories until the craving went away. I did not use the nicotine gum. I quit cold turkey. But a month or so before I quit I changed brands. I was addicted to the color of my cigarette packaging. When I would see the color, wherever it was, I would want a cigarette. Nicotine addiction is vicious. I wouldn't have made it without this little book.

I quit smoking more than two years ago, and inadvertently stumbled upon this book near the register at a used book store. It was small and only a few bucks, so I picked it up and began reading. It is written in AA language that really breaks down addiction. As you read story after story of individuals

describing their own battles with nicotine addiction, you get this broad view of the harm nicotine inflicts on so many lives, young and old, male and female . . . it strikes everyone. It was that realization that helped me recognize nicotine as the evil \*force\* that it truly is. I never smoked again, and I pray that I never will. This book was a great aide and an extremely valuable resource.

Quitting smoking is hard and this book helped me immensely in the '90s when I quit smoking. I was crying every day and the meditations in this book were so supportive and comforting - I felt as if I were not doing it alone. Just purchased this book for a good friend of mine who is struggling with quitting. The cover of the book has been updated and I'm not crazy about the new look, but as long as the content is still the same, it is certainly still worth buying. I highly recommend.

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The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) If Only I Could Quit: Recovering From Nicotine Addiction Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Master Book On Addiction: How To Overcome Drug Addiction-Alcohol Addiction-Smoking Addiction-Gambling Addiction-Internet Addiction-Overeating Gambling Addiction Cure: Gambling Addiction Cure and Recovery of Your Life (Addiction Recovery, Addiction Gambling, Quit Smoking, Addictions) Porn Addiction: How to Quit Porn, Porn Addiction, Step-by-Step Easy Guide to Control Your Porn Addiction, Stop Watching Porn in 7 Days! (Porn Addiction, Improve Your Relations, Live Happier Life) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Addiction and Recovery: How to Overcome Alcohol, Gambling, Drug, Sex, Food, and Technology Addictions (Addiction, Substance Abuse, Addiction and Recovery, Alcohol Addiction) Quit Smoking Today!: The Most

Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction)  
Stop Smoking Today: Train Your Brain to Quit Craving Nicotine with Self-Hypnosis and Meditation  
Mind Over Nicotine: How to Quit Smoking the Easy Way The Smoker's Prayer: The Spiritual  
Healing of Tobacco Addiction, with or without Chantix, Nicotine Patches, Hypnosis, Jail Time or  
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