



Stop Smoking With CBT: The Most Powerful Way to Beat Your Addiction

By Max Pemberton

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Stop Smoking With CBT: The Most Powerful Way to Beat Your Addiction, Max Pemberton, Cognitive behavioural therapy is widely recognised as the most effective treatment for overcoming addiction. And now, for the first time, Stop Smoking with CBT draws explicitly on this set of mind-training tools to help you stop smoking once and for all. Written by a medical doctor specialising in addiction, and who used to describe himself as 'in love with smoking', Dr Max Pemberton reveals his powerful method that will: stop nicotine cravings quickly and easily 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.



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