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Freedom From Nicotine The Journey

Written by John R. Polito, a former 30-year three-pack-a-day smoker and WhyQuit's 1999 founder, Freedom from Nicotine - The Journey Home's objective

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is to aid readers in becoming smarter and wiser than nicotine's grip upon their mind and life. Originally released on January 1, 2009, the 4th revision was completed October 15, 2020.

Freedom from Nicotine - The Journey Home: free versions

It wasn't that we couldn't quit and stay

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free, but that we hadn't yet discovered how. Freedom from Nicotine - The Journey Home was written by John R. Polito, a former 3 pack-a-day smoker, and the 1999 founder of the popular quitting site WhyQuit.com, and director of Turkeyville, Facebook's 13,000+ member cold turkey quit smoking support group.

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Freedom from Nicotine - The Journey Home: Polito, John R ...

Written by John R. Polito, a former 30-year three-pack-a-day smoker and WhyQuit's 1999 founder, Freedom from Nicotine - The Journey Home is presented below as individual webpage topics, as PDF chapters, and as a full-

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text PDF version. Originally released on January 1, 2009, the last full revision was completed September 14, 2013.

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Written by the 1999 founder of WhyQuit.com - arguably the most popular quitting site ever - "Freedom

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from Nicotine: The Journey Home” is unlike any other stop smoking book. First and most obvious, its focus is nicotine, not the means by which it's administered.

Freedom from Nicotine - The Journey Home by John R. Polito

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you've journeyed far, far from the beautiful pre-nicotine mind you once called home.

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Nicotine - The Journey Home (FFN-TJH) is worthy of your time. If allowed, it will aid in turning fear to excitement, dread to

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delight, anxiety to calm, bondage to freedom, and destruction to healing. As hard as this may be to believe, ending nicotine use need not be horrible or even bad.

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Freedom From Nicotine The Journey Home

Packed with quitting insights, Freedom from Nicotine - The Journey Home is a free, 239 page, 2.1mb pdf e-book being released today. The book was written by John R. Polito, and former 30-year heavy smoker and editor of WhyQuit , a popular free online quitting site.

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