

The Little Book Of Quitting

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The Little Book of Quitting: Carr, Allen: 9781402731327

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The Little Book of Quitting Smoking : Allen Carr ...

Description At last, a *Little Book of Quitting*, containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. A perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

The Little Book of Quitting : Allen Carr : 9780140289008

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strategically under two major conditions, you are in a cul-de-sac (dead end) or about to face a cliff.

The Dip: A Little Book That Teaches You When to Quit (and ...

Synopsis At last, a "Little Book of Quitting", containing more than 100 inspirational and memorable phrases to reinforce Allen Carr's successful message. This is a perfect gift book and impulse purchase for those who want to give up or for people eager to help smokers kick the habit.

The Little Book of Quitting: Amazon.co.uk: Carr, Allen ...

The Little Book of Bonsai helps you develop your vision, see nature at its best, and re-create it in a smaller size. With Dupuich as your guide, your bonsai journey can begin!" —Kathy Shaner, curator of the Bonsai Garden at Lake Merritt in Oakland, California

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The dip is a very short book (I read it in about 90 minutes). Seth Godin wrote it to help people recognize when it's time to quit something versus when it's time to persevere. His main

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reasoning is...

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