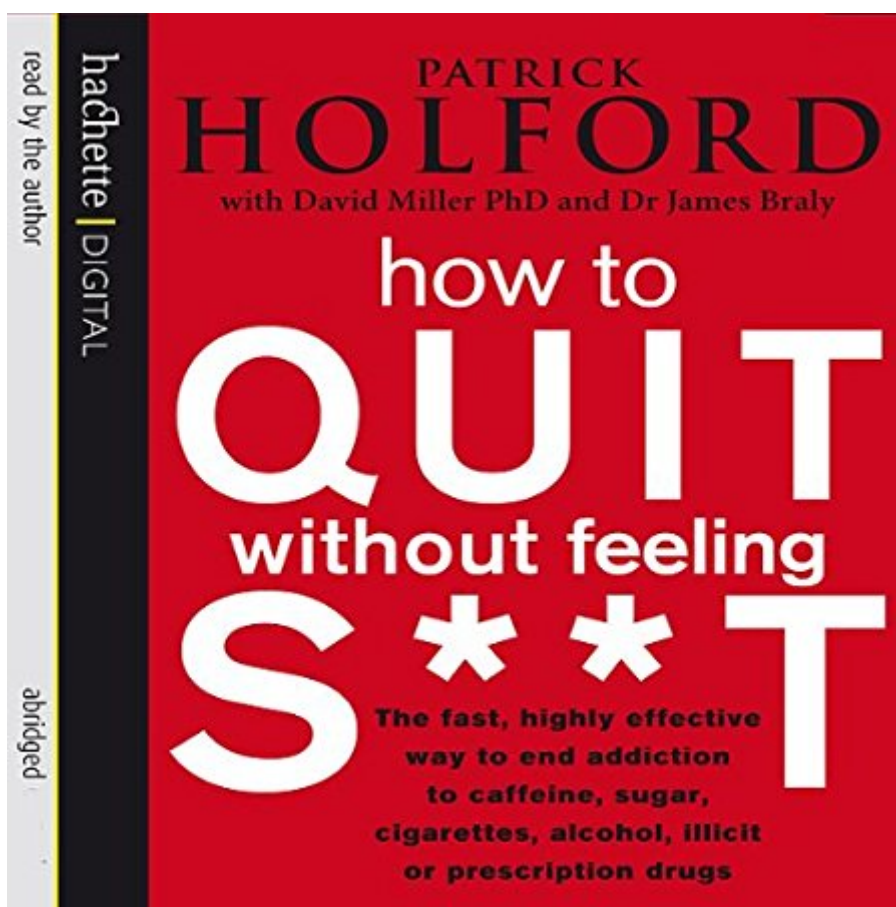




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How To Quit Without Feeling S--t: The Fast, Highly Effective Way To End Addiction



Customer Reviews

This book explains what vitamins and supplements to take while quitting any drug. I think that you can quit drugs supplement-free without feeling like s***. I will say that I did buy all of the pills that the book recommended and I did really enjoy the 5HTP that was suggested. It really helped with stress and overeating while quitting smoking.

the authors know their "stuff".... and they are good communicators this is not only about addiction... it is quite informative about the internal workings of our body the book is motivational and makes me realize I can make a difference in keeping my body healthy and functioning at its best.

A great book that is based on solid evidence-based practice. Most recovery programs are not grounded in evidence, as this system is..... And the results are there too.

After searching in many places, this book finally gave me the information I was looking for. I can highly recommend it.

This book is fantastic! Am using some suggestions about supplements to curb depression with outstanding results! As a person with limited medical coverage and a need to perform at my best daily, this book has been a life saver! Plan to use in my counseling practice as well for those who do not want to use meds and have mild symptoms. Great book!!!

Very good. However being forced to write something before I can find my way to the start of the book again is very frustrating and rude. I wonder if authors approve of this. It is a annoying finding this at the end of a great book - & one is not always near the internet so cannot submit a review - therefore unless going backwards through the whole book, cannot start to reread or find necessary parts.

I read this book and started the program over a month ago. My physical and mental health are still improving, not where I want to be yet, but I have not had ANY sugary filled deserts in 35 days. I've been struggling with low blood sugar and trying to stay away from sugar since I was 12 - 36 years. I've tried Kathleen Desmaison and The Zone and Eat Right 4 Your Type. All of those have been helpful, but I've never licked the habit for this long before without a huge struggle. I don't even WANT sugar anymore. I've NEVER been able to say that. I'm excited.

This is an excellent "how to" book. It can save many of lives. This info is what the medical profession does not want you to know. I am withdrawing from effexor with no symptoms. Amino acids are essential in the healing processes as well as other recommended supplements and changing subconscious fears and beliefs.

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How to Quit Without Feeling S--t: The Fast, Highly Effective Way to End Addiction 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) 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 Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) 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) 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,) Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits) Whatâ™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 A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens 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) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) 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) The Smoking Cure: How To Quit

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