

Often we think smokers do not want to quit. We suspect that they are lost in their cigarette habits and any effort to help them is futile, as the influence of the cigarette seem so overpowering. What can we or anyone do to make a smoker quit? How can we get them to agree to come forward and be committed to ending the habit? The truth is, we cannot really interfere in the choices of any human being, unless it is a threat to another human. No one likes to be told how to run their lives. Likewise, a smoker will not want anyone to preach to them about the health risks and dangers of smoking. We can only teach them a way out and trust that they will find the will to throw out their cigarettes soon. The steps in this book have been kept simple with the objective of teaching and enabling a smoker to create a will for change. The Cigarette Slayer techniques are home-grown Malaysian innovations. The techniques are being used in a very ambitious mission to stop smoking worldwide. The steps are the original, patented work of the stop-smoking specialist and teacher Julian A. Leicester. This book is the product of 10 years of clinical and seminar research with smokers. His work with his clients is done in a fun and effective manner, with many high success results publicized in the media. This book is the first of its type in the world, and the only system for quitting smoking that uses pleasure as a means to quit.

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