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LIFE AFTER CIGARETTES: WHY WOMEN SMOKE AND HOW TO QUIT, LOOK GREAT, AND MANAGE YOUR WEIGHT



Hunter House. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 6.8in. x 4.5in. x 0.2in.Women started smoking in huge numbers in the mid-20th century, thanks to massive campaigns by the tobacco industry. The result has been generations of smokers whose health has been compromised and whose lives have been shortened. This book helps women understand why they smoke, how to quit, and how to make sure they dont start again. Smoking cessation expert Cynthia Pomerleau emphasizes proven strategies that demystify...

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- Authored by Cynthia S. Pomerleau
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