



# Smoking Cessation Support Program Now in Paperback

www.STOPSMOKINGFORGOOD.com, November 16, 2006

URL: <http://www.pr9.net/health/healthedu/4768november.html>

*"How to STOP SMOKING FOR GOOD in 5 Days" is a complete, structured, educational, cessation-counseling program - minus the classroom! At 160 pages, this unique new paperback offers a program that is complete, yet condensed, designed to help prepare smokers to become and remain ex-smokers - regardless of schedule, location or budget.*

PR9.NET November 16, 2006 - Winnipeg, Canada. Forget cold turkey! Smokers now have easier access to a proven and highly recommended smoking cessation method – along with greatly improved chances for long-term success.

A unique new paperback entitled, "How to STOP SMOKING FOR GOOD in 5 Days" offers a complete, structured, smoking cessation-counseling program - minus the classroom!

For reduced hardship and maximum success, leading world health authorities recommend abandoning the cold-turkey method in favor of a slightly more organized approach. Taking time to prepare, while addressing both the mental and physical aspects of the addiction, greatly increases chances for long-term cessation - and makes the task far more manageable.

According to the Surgeon General:

"...a combination of behavioral counseling and pharmacological treatment can boost success up to 10 times."  
(<http://www.hhs.gov/news/press/2000pres/20000809.html>)

NRTs (Nicotine Replacement Therapies) like "the patch" are readily available through most pharmacies, but structured cessation counseling programs to combine them with, have been difficult to locate, are often expensive, and up until now have belonged to the exclusive domain of the classroom.

"How to STOP SMOKING FOR GOOD in 5 Days" is a cessation program accessible to everyone and is ideal to combine with NRTs and other cessation aids. It's structured to systematically move smokers closer to becoming and remaining ex-smokers, regardless of schedule, location, budget or level of addiction.

Filled with current facts, statistics, and study findings, to help maintain focus and motivation, the 5-Module program includes instruction and practical exercises on up-to-date craving-handling strategies and coping methods, for long-term cessation.

For additional support, the book also features proven behavior techniques used by many of today's top athletes and business professionals to ease transition and affect change quickly and permanently.

Graduates of the program report experiencing reduced intensity and duration of withdrawal symptoms along with a smoother transition and reduced incidences of relapse. The program carries worldwide doctors' recommendations, is guaranteed for completeness and accuracy and recommended for all smokers – and ex-smokers who still crave.

The original "STOP SMOKING FOR GOOD" smoking cessation support program was first designed for the Canadian classroom in 1999 and has since been offered as a popular 10-piece audio kit, updated annually and available worldwide since 2002, through: [www.STOPSMOKINGFORGOOD.com](http://www.STOPSMOKINGFORGOOD.com). This new book is a reworked version of the audio program, containing all the latest updates for 2007.

Ask for "How to STOP SMOKING FOR GOOD in 5 Days" at your favorite bookstore or library. For complete program details, to order an audio kit, or to order a book for \$15.98us, visit: [www.STOPSMOKINGFORGOOD.com](http://www.STOPSMOKINGFORGOOD.com).

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## About Yuna Health Publishing

Yuna Health Publishing is a Canadian company devoted to offering the finest health publications to the Canadian and international markets.

## About [www.STOPSMOKINGFORGOOD.com](http://www.STOPSMOKINGFORGOOD.com)

"How to STOP SMOKING FOR GOOD in 5 Days" is a unique new paperback. It's a complete, structured, educational, self-help program - minus the classroom!

At 160 pages, the paperback offers a cessation program that is complete, yet condensed. It's been designed to help prepare smokers to become and remain ex-smokers - regardless of schedule, location or budget.

Filled with current facts, statistics, and study findings, to help maintain focus and motivation, the program includes instruction and practical exercises on up-to-date craving-handling strategies and coping methods.

For additional support, it also features proven behavior techniques used by many of today's top athletes and business professionals.

The program is completely research-based on an evidence-based model and recommended for all smokers and ex-smokers and tobacco users who still crave.

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