



# Can't Quit? Then Switch!: How I stopped smoking quickly and easily without gaining weight

*Lan Anders*

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## An easy way to quit smoking - by switching to a smokeless option

- Are you sick of being judged because you smoke?
- Is smoking affecting your reputation and your self-esteem?
- Are you worried about smoking affecting the health of your loved ones?
- Do you really need to quit, but love to smoke?
- Do you dread suffering cravings without your smokes?
- Are you worried about gaining weight?
- Are you afraid to even try quitting again after so many failed attempts?

In this controversial book one woman shares how she stopped smoking cigarettes - quickly and easily and without gaining weight. It is not a book about ending nicotine addiction. Rather, this quick little guide considers tobacco harm reduction by examining various smokeless options. The author - a smoker for over 40 years - was among the many smokers afraid to even try quitting after so many failed quit attempts.

This is a no-fluff booklet (approximately 30 pages) where the author shares her reasons, decision making process, and her experience of becoming smoke free by switching. She offers tips and ideas for anyone that really needs to quit smoking, but believes they can't.

An action checklist is included to help get you on your way if switching is the answer to your immediate need to stop smoking.

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