

Kirkus Review

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REVIEWS

"How I Quit Smoking and Lived To Tell About It" is the story behind the very successful system the author formulated, after years of failed attempts, to kick nicotine addiction. He cleverly mixes humor, self-help, health and a rollicking autobiography to explain in layman's terms just how his system works while so many others fail.

First published over ten years ago and offered by Barnes and Noble under each of the four different categories mentioned above, it has been brought up to date with the most current statistics available as well as recent testimonials.

In this excellent book he goes into detail as to exactly why it works and how it prevents the agonies of withdrawal.