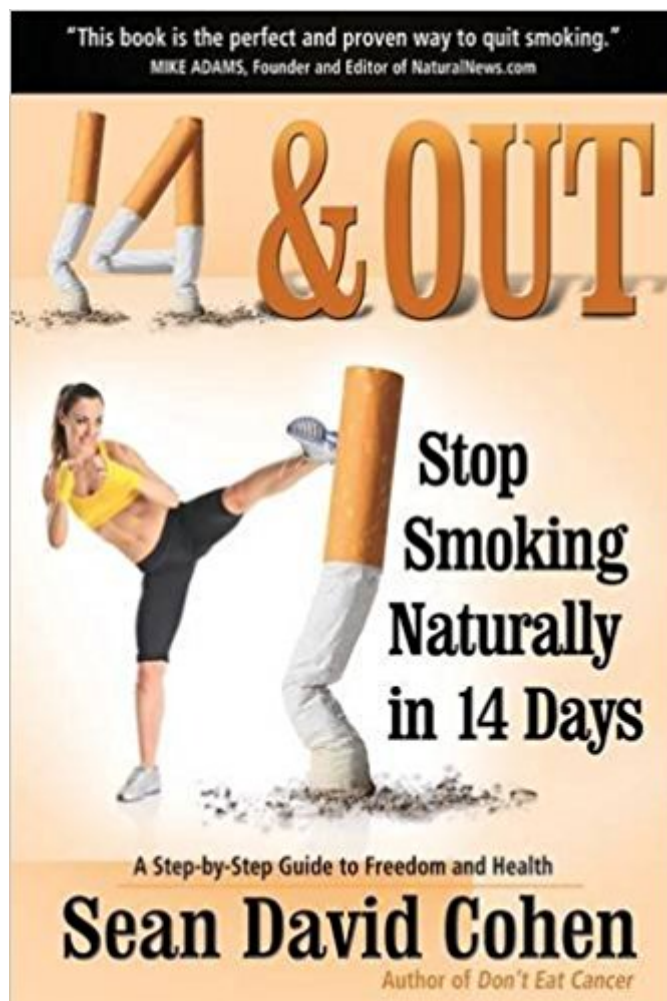


The book was found

14 & Out: Stop Smoking Naturally In 14 Days



Synopsis

14 & Out is the all natural, easiest and most reliable way to stop smoking within 14 days! When you make a decision to quit smoking, you are making a decision to change everything about the way you feel, look, and interact with the world. You will look better, feel better, live better, contribute more, and you will shine. People will know you did something great, and you will love your new life as a non-smoker. • No other stop-smoking program in the world is this thorough and reliable. In 60 minutes smokers learn all about chemicals in commercial cigarettes that are combined to keep them hooked, and how behavior modification and nutrition are their yellow brick road to good health and a permanent escape from the nicotine •hook. • Over 100,000 people have shared the trailer of the video download, and thousands in the author's classes •now the 14 & Out program is available in paperback. Based on the class taught by the author and inventor himself, the •"Stop Smoking King" • asks you: •"How great would your life be without cigarettes?" • Learn how to break free from the vicious cycle of cigarettes in less than 14 days and experience health freedom and all the benefits that come with ending the habit once and for all. Recommended by doctors and the Health Ranger, Mike Adams, Editor and Founder of NaturalNews.com. It's time to get the ultimate secret to quitting. If you have the will to quit, 14 & Out is the way.

Book Information

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Customer Reviews

"Sean David Cohen's book 14AndOut presents practical, simple, and straightforward strategies to quitting smoking that integrate the latest and greatest discoveries in the field. From the appropriate

supplements to surviving cravings to understanding the real toxicity of conventional cigarettes -- everything is covered. As Sean David Cohen advises in his book; 'Where there is a will, there is a way.' 14AndOut shows you a way to kick the habit within 14 days! Go for it!" -- David Wolfe, davidwolfe.com, author of Superfoods: The Food and Medicine of the Future
Congratulate yourself on your willingness to invest the time in allowing this book to guide you on that pathway to personal health freedom. I am confident it will be the best investment of time and effort you'll ever make. - Mike Adams, The Health Ranger Founder of NaturalNews.com

As a 6 year old boy, I remember my grandfather skipping rope in the garage. I didn't realize it would be the last time I ever saw him. I've been told that he never admitted that his cancer came from smoking. Even his doctor, who was his best friend, smoked. My grandfather died of lung cancer from being a chain smoker. When I went to graduate school at the University of Georgia in 1994, I started picking up books about chemicals not only cigarettes, but in food, candy, gum, cosmetics, you name it. So I wanted to put all of my research to good use and hopefully prevent people from ever having to go through the nightmare of cancer. For years I studied about the chemicals in cigarettes and exactly how they affect your body. I wrote a book called "Don't Eat Cancer" which contains four chapters solely about all the hidden secrets that "Big Tobacco" does NOT want you to know or understand about cigarettes, so smokers won't quit, or can't quit. During my extensive research, I couldn't believe everything I was reading and realizing. Then I began teaching a one hour class for free at public libraries on how to quit smoking. My two years experience teaching that class is the foundation for writing "14 & Out - Stop Smoking Naturally in 14 Days."

Very pleased.

Good book on quitting smoking

Have smoked for 30 plus years, tried all sorts of methods, but something in this easy to read book clicked with me. Plus what it also taught me what I was REALLY smoking - something I ignored for decades. I still miss smoking, and I love it when someone else smokes near me, I can have a smell, but so far so good, I am CHOOSING not to smoke..... each day at a time. Its early days for me, 10 weeks or so, but have the book with me, so I can read it again in a couple of months. Good luck to you all out there :)

I'm 5 days in on my goal to quit. Five days without a cigarette. I've noticed I don't get out of breath while taking a shower, the air in the house in general seems fresh and I'm getting more done because I don't have to stop after every little thing for a cigarette break. The things in this book (and videos) are extremely important for people to know. I'm waiting on the supplements to arrive so I can get my energy and feeling of well-being back in order. I would recommend this book to anyone who needs to know why it's so hard to quit and how to conquer the void that you think will happen when you quit.

I think the advice in this book is credible. Makes sense. But if you are a hardcore smoker, it's not enough to make you stop. Also, following this book and buying the supplements and so forth could get VERY expensive very quickly! I did, however, change to organic tobacco because of the advice of this book. I do feel much better and my advice is that even if you are not able to quit, at least do this one step.

Learned quite a bit and I'd recommend this inexpensive investment to anyone wanting to quit smoking. It got my attention. i quit.

As a prior smoker the information could work for someone. if you are the type to need to be grossed out to stop a bad habit this book is for you.

Great way to stop smoking, without the cravings!!! I highly recommend this book to anyone, who has tried everything, but with no luck.

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