

## The Smokefree Formula A Revolutionary Way To Stop Smoking Now

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The Smokefree Formula. A Revolutionary Way to Stop Smoking Now Deborah Robson (Dr Deborah Robson, Senior Post-Doctoral Researcher, Tobacco Addiction, National Addiction Centre, Addictions Department, Institute of Psychiatry, Psychology and Neuroscience, King's College London, London, UK.)

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The SmokeFree Formula: A Revolutionary Way to Stop Smoking Now Kindle Edition by Robert West (Author)

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YOU CAN STOP SMOKING FOR GOOD.THE SMOKEFREE FORMULA reveals the TRUTH about stopping smoking from leading expert Professor Robert West.This book shows, for the first time, how you can create your personal Smoke Free Formula and give up cigarettes for good.Professor Robert West is a world authority on smoking and addiction and has been helping smokers stop for more than 30 years.

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## **Tobacco dependence should be recognised as a lethal non ...**

The SmokeFree Formula: A Revolutionary Way to Stop Smoking by Professor Robert West with Chris Smyth and Jamie West Published by Orion Books on 26th December 2013, £9.99 trade paperback, £5.99 eBook

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In his new book The SmokeFree Formula: A Revolutionary Way to Stop Smoking Now each factor that could contribute to someone stopping is viewed as an “ingredient”. West advises how to combine these...