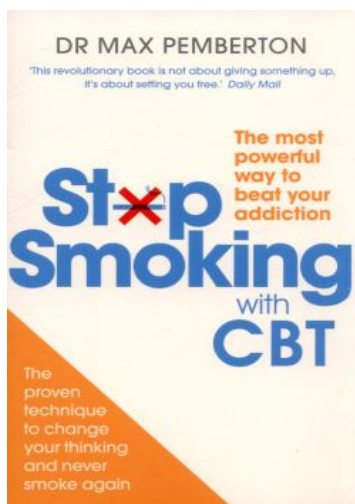


A Selection of Books on Smoking in Doncaster Libraries

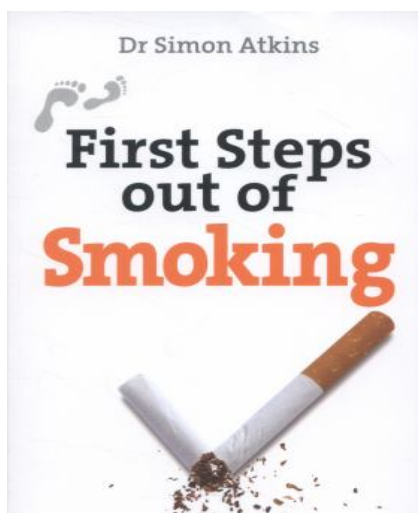
For further information contact the Leisure Library at DRI
Tel: 01302 642890 or Ext. 642890; email dristaff@doncaster.gov.uk



Stop Smoking with CBT: the most powerful way to beat your addiction

Pemberton, Max
Vermilion, 2014 ISBN: 0091955122
Shelfmark: 616.865065

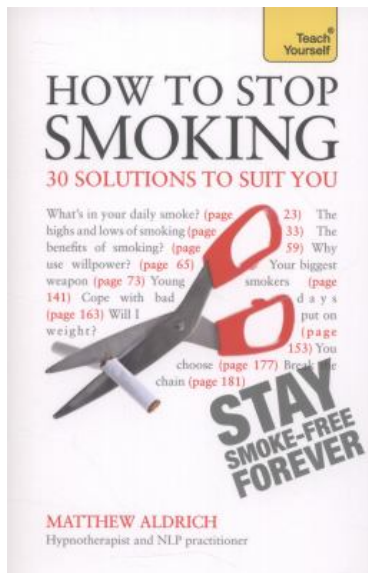
Cognitive behavioural therapy (CBT) is widely recognised as the most effective treatment for overcoming addiction. This book draws explicitly on this set of mind-training tools to help you stop smoking once and for all.



First steps out of smoking

Atkins, Simon
Lion, 2013 ISBN: 0745956211
Shelfmark: 616.86506

If you are a smoker and desire to stop then this short book will help you to overcome the addiction. The cost of smoking is high, in terms of both finance and health: Someone, somewhere, dies of a tobacco-related illness every 8 seconds - whether that is lung cancer, asthma, emphysema or bronchitis. Approaching the subject in a clear, concise, straightforward and heartfelt way, Simon Atkins shows how you can overcome the habit. 'First Steps' is a series of short, affordable self-help on a range of key topics.



How to stop smoking: 30 solutions to suit you

Aldrich, Matthew

Teach Yourself, 2013 ISBN: 1444190164

Shelfmark: 616.86506

'How To Stop Smoking' offers anyone who wants to stop honest, balanced and trustworthy advice on how to kick the habit - forever. Written by a former smoker, now personal trainer and health guru, this is a practical guide which demolishes all the reasons for continuing to smoke one by one. It offers a variety of solutions to suit you, and also focuses on such key issues as physical and mental addiction and the questions and issues that surround giving up, and prevent people from doing so.



The smokefree formula: a revolutionary way to stop smoking now

West, Robert

Orion, 2013 ISBN: 9781409147404

Shelfmark: 616.86506

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 SmokeFree Formula so that you are free from 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.