



How I Learned to Quit "Quitting" Cigarettes and Live a Smoke-Free Life Painlessly and Easily

Brian Baumann

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Brian quit smoking over 9 years ago and did it cold turkey with NO side effects or withdrawals. He recounts his life as a smoker and desire to "quit." He leads you down the road to how he learned that to stop smoking he had to learn to quit "quitting," and the truths he discovered that kept him and millions of others from successfully becoming a non-smoker.

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