



Stop Smoking, Stay Cool: a Dedicated Smoker's Guide to Not Smoking

By Craze, Richard

White Ladder Press, London UK, 2006. Soft cover. Book Condition: New. First Edition. 8vo - over 7¾" - 9¾" tall. 115pp. Not a 'how to give up smoking' book so much as the diary of a dedicated and happy smoker who is now not smoking. How he did it - how anyone else can do it too (without the emotional trauma, the withdrawal symptoms, the twitching and the bad temper.).



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