



Recovery From Smoking - Second Edition: Quitting With the 12 Step Process - Revised Second Edition

Elizabeth Hanson Hoffman, Christopher Douglas Hoffman L.S.W. A.C.S.W.

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Second Edition

Elizabeth Hanson Hoffman rationalized her smoking for 27 years, then she finally accepted the fact that she was powerless over cigarettes. Using her own story, the Twelve Steps, and techniques she has developed as a practicing psychologist, Hoffman will help you find the strength to finally let go of smoking.

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