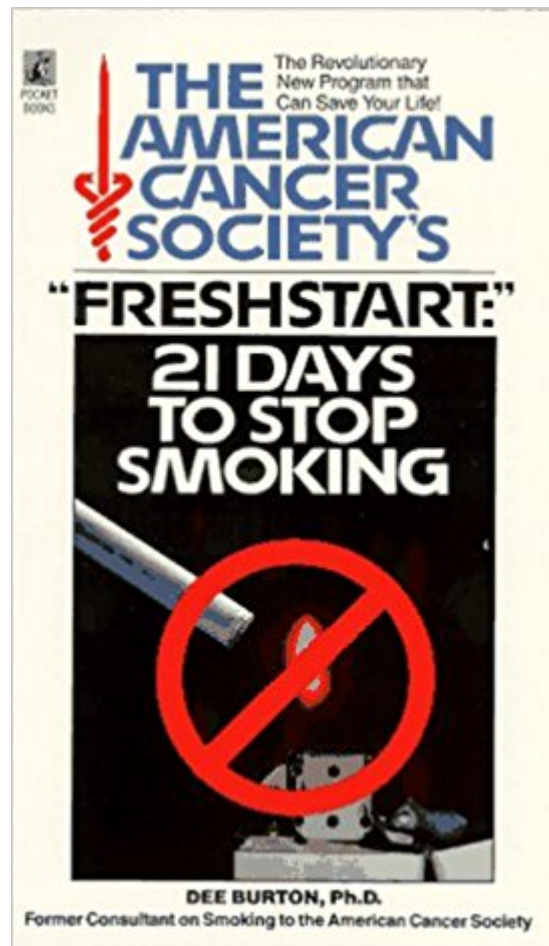




The book was found

# FreshStart: 21 Days To Stop Smoking



## Synopsis

This revolutionary new anti-smoking program will show smokers how to conquer smoking addiction in a proven day-by-day technique that gets them through that critical period--the first three weeks.

## Book Information

Mass Market Paperback: 159 pages

Publisher: Pocket; Small Tear on Front Cover edition (February 1, 1986)

Language: English

ISBN-10: 067162086X

ISBN-13: 978-0671620868

Product Dimensions: 6.8 x 4.2 x 0.6 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.6 out of 5 stars 23 customer reviews

Best Sellers Rank: #825,450 in Books (See Top 100 in Books) #112 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Smoking](#) #29260 in [Books > Parenting & Relationships](#) #59754 in [Books > Self-Help](#)

## Customer Reviews

Dee Burton, Ph.D., is a psychologist who has counseled hundreds of men and women in person on stopping smoking. She developed the American Cancer Society's FreshStart quit-smoking program and was part of the development team for the American Lung Association's original Freedom From Smoking program. Her work currently focuses on approaches to help those most vulnerable to the effects of tobacco to stop smoking. Dr. Burton is Associate Director for Research and Evaluation of the Center for Health, Media and Policy at Hunter College. Previously she was Chair of the Department of Community Health Sciences in the SUNY Downstate School of Public Health. She was inducted into the Delta Omega national honorary society for public health in 1999. Dr. Burton's books have been published by MacMillan; William Morrow; Simon & Schuster; and Sage. --This text refers to an out of print or unavailable edition of this title.

This book really did help me get through the first few weeks of quitting smoking. It gave me an idea of what to expect and helped me make sense of what I was thinking & feeling. There was a chapter that I missed and read later on and I had quite a few "oh no wonder" moments. I would definitely recommend buying this book as well as a large bag of dum dum suckers if you are planning on quitting - the suckers help quench the hand to mouth habit that was so hard to get over. I quit in

January (right after New Year's) and five months later am still going strong!

Basically, I switched to vaping, and didn't need this book. Sure, I'm still a nicotine addict, but it's a bit healthier to vape, and I sure do feel good!

I used this in conjunction with Allen Carr's "The Easy Way" and I was successful! :) My last cigarette was March 9, 2015 at 9:30PM, and I have NO desire to smoke. Listen to "The Easy Way" and read 21 Days to Stop Smoking. You owe it to yourself to try. Even if you don't REALLY want to quit.

I purchased this as a caregiver, and unless the cognition of the person quitting is at least the level of say, "programming a VCR", it is too difficult. I did enjoy the book and learned a lot, however. But I don't smoke.

This book has helped me quit!!! It's like a portable support group. It's SO encouraging, and the daily 3-ish page readings is a great format, brilliant idea! THANK YOU Dee Burton. I have bought several copies of this to help loved ones quit.

Excellent book

I used this book along with my strong desire and willingness to stop smoking 17 years ago have not picked up a cigarette since the day I put them down. The book was a wonderful aid and helped make the most difficult thing I have ever done easier. I have given copies to more people wanting to quit than I can count. Wish it was back in publication.

It worked !! I've been smoke free for over a year now. You just have to take one day at a time and be devoted to what it tells you to do.

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Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking, Stop Smoking Forever, Stop Smoking Addiction, Quit Smoking ... Methods to Quit Smoking, Healthier Life) Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Smoking: Stop Smoking for Life! - The Easiest Way to Finally Quit Smoking: Stop Smoking, Quit Smoking (Addictions, Addiction Recovery, Quit Smoking, Cigarettes, Tobacco) Quit Smoking

Today!: The Most Painless Ways To Permanently Stop Smoking (Smoking, Quit Smoking, Stop Smoking, Addiction) What's Your Excuse? Proven Step-by-Step Guide on How to Finally Quit Smoking!: Quit Smoking tips, Stop Smoking timeline, How to Quit Smoking easy, How to Stop Smoking for life Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No ... Smoking Hypnosis, Stop Smoking Now, Cancer) FreshStart: 21 Days To Stop Smoking Smoking Food at Home with Smoky Jo: Hot Smoking and Cold Smoking; Different Types of Smokers; Smoking Using a Wok, Filing Cabinet, Wardrobe or Shed; ... Herbs and Spices; Wood Varieties; Food Safety Smoking Meat: Fish Edition. : Delicious Smoking Fish Recipes for Everyone (Book 2, Smoked Fish Recipes Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) The Nicotine Addiction Cure - How to Avoid Triggers, Manage Withdrawal Symptoms, and Quit Nicotine & Smoking for Life (tobacco addiction, nicotine addiction, ... recovery, smoking addiction, stop smoking,) Quit Smoking: (Free Gift eBook Inside!) The #1 Guide on How to Quit Smoking Naturally, Break the Chain and Keep Moving Forward (Stop Smoking Today, Tips ... to Deal with Cravings, Effects of Quitting) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Smoking Meat: Fish Edition: Top 25 Amazing Smoked Fish Recipes (Smoked Fish Recipes, Smoked Fish Cookbook, Smoked Fish Guide, Unique Smoking Fish Recipe Book, Smoking Meat, BBQ Cookbook) Stop Smoking, Quit Your Smoking Habit with Hypnosis, Meditation, and Affirmations: The Sleep Learning System The Smokefree Way: READ YOUR WAY TO STOP SMOKING. THE MOST INNOVATIVE, UP-TO-DATE AND INTELLIGENT QUIT SMOKING METHOD KISS SMOKING GOODBYE: Stop Smoking Using The K.I.S.S. METHOD: Combining Hypnotherapy, Psychology, Physiology, Neurology and Addiction Medicine How I Quit Smoking In 1 Single Day: A chain smoker's true real life story (Stop Smoking) Giving Up Smoking: How to Stop Smoking Cigarettes Once and For All! 14 & Out: Stop Smoking Naturally in 14 Days The Smoking Cure: How To Quit Smoking Without Feeling Like Sh\*t

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