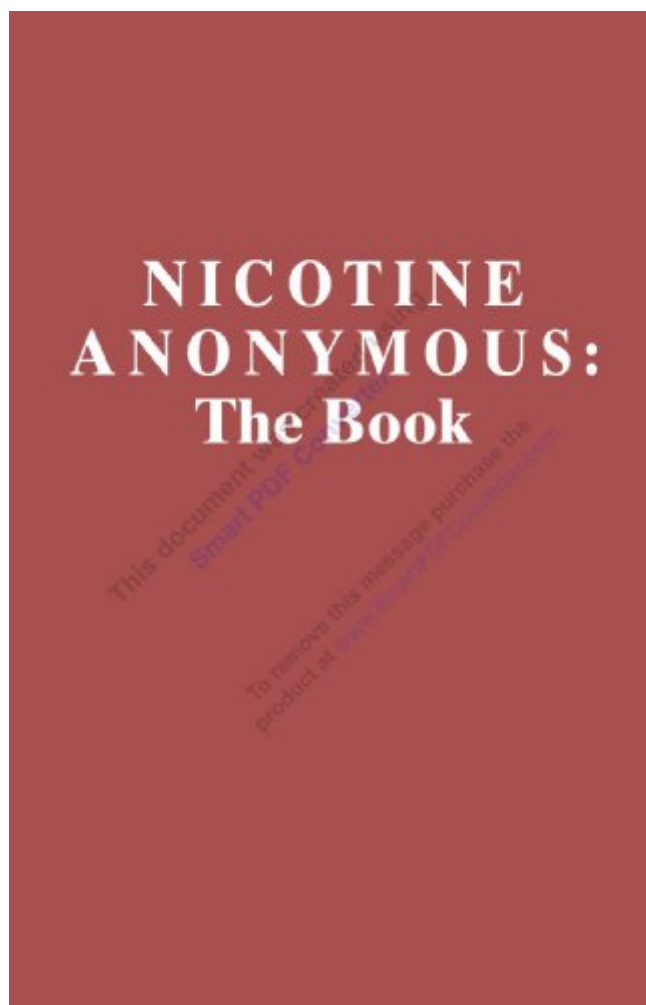


The book was found

Nicotine Anonymous: The Book - Fifth Edition



Synopsis

12-step program for nicotine addiction

Book Information

File Size: 1324 KB

Print Length: 144 pages

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Twelve-Step Programs

Customer Reviews

Excellent book! Very helpful if you're looking for motivation to be free of nicotine. Full of facts and information on big business greed and lack of concern for what their product does to consumers. Also an excellent resource for quitting... what to expect... how long it will last... why nicotine is so addictive and why one wants to be free.

This book even includes a 4th step questionnaire with instructions on how to take the steps.

Awesome!

Real stories from real people who share their experience, strength and hope. I can apply this to my own life.

same as above

the book only tells you what they do

After 38 years of using nicotine, 30 of them trying every method under the sun to unsuccessfully quit using, I attended my first Nicotine Anonymous meeting. With the aid of my Higher Power, this book and various Nicotine Anonymous pamphlets, I was freed from the control nicotine had over my life that very same night - forever. That was 14 years ago. I highly recommend this book, "Nicotine Anonymous - the Book," and all other Nicotine Anonymous literature for anyone wanting freedom from nicotine's control. Go to the international website for more literature, much of it downloadable for free - [...] It is so wonderful to be totally free of the control of this insidious addiction that regularly kills far too many people, and animals too who must suffer in silence as their owners smoke and pollute the air. I now serve nicotine addicts world-wide, to introduce them to the freedom I found through the same 12-step spiritual (not religious) program Alcoholics Anonymous introduced to addicts so many decades ago. This book is a very helpful to go along with face-to-face weekly meetings (800 around the world in 2012) or internet or telephone meetings attended by supportive nicotine addicts. The 12 Steps contained in the book, aimed directly at nicotine addicts, changes lives.

This excellent "little book" provides a solution not only to ending dependence upon nicotine, but to breathing free and enjoying life to its fullest. The approach is simple when the reader becomes ready and willing. The book can serve as a primer, a reference, and a guide for the rest of one's life. It's a bargain at any price -- for anyone wanting to thrive beyond the smoke screen!

For many years people trying to get and stay sober in a 12 Step Fellowship or through a Treatment Center, were encouraged to NOT stop smoking. People were told, "one addiction at a time", and to take care of the 'worst' addiction, then worry about stopping smoking later. More people die of nicotine addiction than all other illicit drugs combined. It has been shown time and again that people who continue to use tobacco have higher relapse rates. The user is still caught up in the cycle of addiction, craving and satisfying, craving and satisfying. The very act of inhaling mimics the pushing down of the feelings that nicotine is so good at. It numbs the feelings. Today all quality and serious Addiction Recovery Treatment Centers treat Nicotine Addiction the same as any other addiction.

People must not be using if they are in treatment. It is best to detox only once, and deal with all cravings while in the supportive treatment environment. Nicotine Anonymous is the perfect tool for treatment centers, and for any individual ready to break the denial that smoking is not the 'worst' addiction. Nicotine Anonymous, the Book, is written by an anonymous person who had been sober in AA for many years, yet was still powerless over his nicotine addiction. The book is a powerful testimony to the power of Nicotine. The book tells the early story and history of NicA, as well as stories written by members. It follows the pattern of the Big Book of Alcoholics Anonymous. We use this book in our Addiction Recovery Retreat, and no one is excluded, even people who have never used tobacco - although those people are rare. Non-smokers are continually impacted by active smokers in their lives, and this book helps to also identify enabling behaviours of the non-smoker. A book for every recovery library.

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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,) Nicotine Anonymous: The Book - Fifth Edition A Day at A Time Gamblers Anonymous: Gamblers Anonymous Sex and Love Addicts Anonymous: The Basic Text for The Augustine Fellowship, Sex and Love Addicts Anonymous We Are Anonymous: Inside the Hacker World of LulzSec, Anonymous, and the Global Cyber Insurgency Stop Smoking Today: Train Your Brain to Quit Craving Nicotine with Self-Hypnosis and Meditation If Only I Could Quit: Recovering From Nicotine Addiction The Smoker's Prayer: The Spiritual Healing of Tobacco Addiction, with or without Chantix, Nicotine Patches, Hypnosis, Jail Time or Duct Tape 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) Mind Over Nicotine: How to Quit Smoking the Easy Way Freedom from Nicotine - The Journey Home Stop Smoking, Ease Nicotine Withdrawals & Control Cravings Born to Smoke: Nicotine and Genetics (Tobacco: The Deadly Drug) The Biology of Nicotine: Current Research Issues GIS Tutorial for Health, fifth edition: Fifth Edition (GIS Tutorials) Alcoholics Anonymous Big Book (2nd Edition): The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism The Blood of the Fifth Knight (The Fifth Knight Series Book 2) Alcoholics Anonymous - Big Book: Big Book Alcoholics Anonymous, 4th Edition Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism/Third Edition

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