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Unofficial Guide To Quitting Smoking

Kay Showker, Bob Sehlinger



Unofficial Guide To Quitting Smoking:

The Unofficial Guide to Quitting Smoking Donna Howell-Sickles, 1999-06 Currently 45 to 50 million Americans are addicted to smoking and the vast majority would like to quit But nicotine s addictiveness cannot be underestimated and most smokers have tried to quit an average of three times and failed The Unofficial Guide to Quitting Smoking breaks away from the glut of other smoking cessation plans by offering a truly realistic approach to kicking the habit no ifs ands or butts about it Pinpoint the places times moods and conditions that trigger the desire for a cigarette and take steps to change those factors Learn the different phases of addiction and make the life changes that can help them quit for good Incorporate exercise nutrition and stress management into the smoking cessation process Develop a doable step by step plan for quitting and then adopt failsafe techniques for fighting temptation and relapse

Life and Breath Neil Schachter, 2007-12-18 The fourth leading cause of death in the United States COPD or chronic obstructive pulmonary disease affects an estimated 35 million Americans Yet only half are aware that they are seriously ill Life and Breath by Dr Neil Schachter is the first book that alerts people to their risks for COPD and explains the steps they need to take to prevent the development of this debilitating and often fatal lung disease Life and Breath begins with a quick quiz to rate your risk for COPD It explains the steps of a complete pulmonary work up and teaches you about the painless inexpensive six second test that can save your life We all know that diet exercise and environmental changes can reduce the risk of heart disease and some types of cancer Now for the first time Life and Breath provides the medical and lifestyle steps that can prevent treat and sometimes reverse the signs and symptoms of chronic lung disease Dr Schachter discusses the role of antioxidants in treating asthma and chronic bronchitis explains why indoor exercise is better if you have irritable airways and provides a supportive simple and successful plan to quit smoking Life and Breath takes you on a tour of your own home pointing out sources of irritants and allergens that can cause pulmonary problems Dr Schachter explains how to improve indoor air quality to protect your lungs at any age on the job in your home and on the road If you are one of the 15 million Americans with asthma or one of the 94 million current or former smokers in this country Life and Breath is the one book you need to stay alive and well

The Unofficial Guide to Dieting Safely Janis Jibrin, 1998-09-25 Gives consumers a foolproof appraisal of what works and what doesn t with unbiased recommendations that are not influenced by any company product or organization

The Unofficial Guide to Overcoming Infertility Joan Liebmann-Smith, Jacqueline Nardi Egan, John J. Stangel, M.D., 1999-05-06 The inside scoop for when you want more than the official line Having a baby is a joyous event that most couples look forward to But sometimes nature just doesn t cooperate If you and your partner are having difficulty conceiving how can you increase your chances of pregnancy You want to know what causes infertility how much your lifestyle may be contributing to the problem and what you can look for in medical and non traditional therapies aimed at overcoming infertility You want the inside scoop The Unofficial Guide to Overcoming Infertility is designed to give savvy consumers like you a foolproof appraisal of what works

and what doesn't the good treatments and the bad ones with unbiased recommendations that are not influenced by any company product or organization This book like every Unofficial Guide is intensively inspected by the Unofficial Panel of Experts a team of highly respected health care professionals They ensure that you are armed with the most up to date insider information on infertility treatments and are told exactly what the Official establishment doesn't want you to know Vital Information that other sources can't or won't reveal including an unbiased guide to the many infertility treatments available Insider Secrets from health care professionals and clinical researchers and once infertile couples who are now experiencing the joy of parenthood Money Saving Techniques that will help you find the resources to pay for your medical tests and expenses Time Saving Tips that enable you to take an active role in overcoming infertility while keeping your day to day life on track The Latest Trends in infertility treatments including medical and nonmedical procedures and holistic approaches Handy Checklists and Charts that will help you plan your eventual pregnancy and keep the process stress free

The Unofficial Guide to Alternative Medicine Debra Fulghum Bruce, 1998-10-09 Written by a health journalist who is also an experienced alternative medicine user this book thoroughly guide readers through all the alternative medicine options Includes a glossary and checklists

The Unofficial Guide to Living with Diabetes Maria Thomas, Dr. Loren W. Grene, 1999-05-06 Sixteen million Americans have diabetes and there are more than 600 000 new cases diagnosed each year Diabetes is the leading cause of blindness kidney disease and amputations in America In fact 15% of all health care costs 100 billion per year is associated with diabetes This indispensable guide features all the latest developments associated with this condition so that diabetics are able to stay in control of their lives Sufferers get the inside scoop on The major types of diabetes and how they are diagnosed The various treatment options available today including blood sugar monitoring diet therapy insulin use and oral medication Alternative approaches and new drugs on the market Is there really a substitute for insulin Groundbreaking news in diabetes research including new forms of insulin advanced glucose monitoring refined insulin pumps and genetic medicine The Pancreas Transplant Is it a cure Lifestyle choices that promote good health including eating wisely and exercising Living with diabetes and coping with special issues such as fertility and pregnancy work related issues and psychological challenges

The Unofficial Guide? to Overcoming Arthritis Lisa Iannucci, Mark Horowitz, 1999-05-21 The inside scoop for when you want more than the official line More than one in seven Americans will suffer from arthritis at some point in their lives The term arthritis refers to a family of more than 100 distinct disorders including osteoarthritis rheumatoid arthritis lupus and gout Each type creates different symptoms and demands different treatment If you have arthritis you want to keep the aches and pains from cramping your lifestyle You want to explore the best treatments preventative strategies and pain management techniques available You want information on the latest medications that may ease your symptoms You want the inside scoop The Unofficial Guide to Overcoming Arthritis gives savvy people like you a foolproof appraisal of everything you need to know with unbiased recommendations that are not

influenced by any company product or organization This book like every Unofficial Guide is intensively inspected by The Unofficial Panel of Experts a team of highly respected medical professionals They ensure that you are armed with the most up to date insider information on arthritis and are told exactly what the Official establishment doesn't want you to know Vital Information that other sources can't or won't reveal including all the current therapies and medical interventions available Insider Secrets from medical specialists and clinical researchers and people just like you who have found the best strategies for coping with arthritis Money Saving Techniques that let you choose effective treatments without running up high medical bills Time Saving Tips that help you overcome the aches and pains of arthritis with minimal disruption to your daily routine The Latest Trends in arthritis treatments including both traditional and non traditional therapy Handy Checklists and Charts that help you manage your arthritis and minimize its impact on your daily life Macmillan Lifestyle Guides *The Unofficial Guide to Coping With Menopause* Donna Howell, 1999-05-26 This guide provides the inside information that many doctors aren't disclosing but that the savvy woman demands Topics include estrogen replacement therapy osteoporosis heart disease and the benefits of exercise and diet **The Unofficial Guide? to Cruises '98** Kay Showker, 1997-10-24 The renowned Unofficial Guides RM are trusted by millions of readers No other series dares to be this candid the Unofficial Guides RM are the Consumer Reports of travel guides Every hotel and attraction is rated and ranked by a team of unbiased inspectors Value conscious and loaded with tips that help readers avoid wasting time and money each guide is easy to use with detailed descriptions of a wide range of hotels and restaurants in all price categories Readers love the rating system used to objectively evaluate attractions hotels and restaurants Handy charts demonstrate how each place stacks up against the competition The Unofficial Guides RM contain the most honest evaluations of the Disney parks on the market with each ride rated and given a suggested age group and offer proven strategies for enjoying them with a minimum of hassle Unofficial RM Las Vegas rates and ranks the casinos and provides useful strategies for beating the odds Each guide is tailored to provide convenience and insider advice on each destination and addresses the needs of families business travelers and more by giving them the lowdown on what's really worth their time and money Also included are accurate maps plus detailed information on shopping nightlife sports and more Look for a contemporary new cover design on this fall's list Winner of the Lowell Thomas Award as Best Guidebook of the Year [The Unofficial Guide to Power Managing](#) Alan Weiss, 2000-02-18 Being a super successful manager requires the finesse of a politician the relationship skills of a psychologist and the public speaking gifts of an actor and all before lunch every working day Managing people like managing companies means motivating evaluating communicating resolving presenting and leading The Unofficial Guide to Power Managing contains all the secrets and inside scoop that managers need to rev up their employees and their businesses Here's where managers aiming for the top find no nonsense tips on Helping others to motivate themselves and what to do when empowerment fails Why the best salesperson shouldn't be the sales manager Negotiating successfully without resorting to weapons Leadership

style there s no perfect one except for despots Winning strategies and why most fail even though the tactics succeed The Unofficial Guide to Having a Baby Ann Douglas,John R. Sussman,1999-03-09 Over 11 000 babies are delivered in the United States every day Pregnancy especially when going through it for the first time can be overwhelming without the Unofficial Guide Conflicting news reports jargon speaking doctors and a lack of candid information on the nitty gritty facts on what will happen over the next nine months can get the best of any Mom to be Our author is a fourth time Mom who s been through it all and she is able to give expectant mothers the lowdown on choosing among the prenatal care options available the truth about bodily changes from the perspective of someone who has first hand experience and the proper guidance through the maze of procedures treatments therapies and medicines needed to help the reader find out what will work best for her without the wasted time energy and money Thoughtful authoritative and unbiased The Unofficial Guide to Having a Baby covers How to select an obstetrician Key questions to ask when determining if a doctor is right How to deal with the normal roller coaster ride of emotion stress anxiety depression Sensible advice on eating for two and the lowdown on vitamin mineral supplements How to keep informed on risk factors Cesarean sections gestational diabetes hypertension and more Tips on what to try what to steer clear of and how to save time and money without compromising the health of the mother or child **The Unofficial Guide to Minding Your Money** Lisa Iannucci,2000-09-21 Financial freedom means more than the ability to juggle a paycheck pick a few good investments retire at 65 and keep debt levels manageable True financial freedom involves understanding the psychological emotional and intellectual implications of mondy and wealth and how to be the master of money rather than its servant This book offers A clear assessment of your individual mondy personality and what to do if it differs from your partner s Concise explanations of where personal money attitudes originate Advice on how to teach children a constructive attitude toward money Effective means for setting realistic goals and tips on how to save and spend money wisely Creative ways to set and stay within a budget Proven methods for staying free and dealing with setbacks along the road to true financial freedom The Unofficial Guide to Living With Breast Cancer Stacie Zoe Berg,1999-12-15 This Unofficial guide provides the up to date inside information women need to know to win the battle against breast cancer including prevention techniques the latest treatment methods and nutrition lifestyle and reproductive health care tips

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