

Quit smoking now with this unique new book & app

Submitted by: Hay House Publishers

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Love Not Smoking: Do Something Different (<http://www.hayhouse.co.uk/search?q=Love+Not+Smoking+>)

Published by Hay House (<http://www.hayhouse.co.uk/lovenotsmokingapp>) £8.99

Professor Karen Pine (<http://www.hayhouse.co.uk/authors/6106/karen-j-pine>) and Ben Fletcher

(<http://www.hayhouse.co.uk/authors/6107/ben-fletcher>)

If you are a smoker, or have a loved one who smokes and wants to quit then the Love Not Smoking: Do Something Different Book & App (<http://www.hayhouse.co.uk/books/1848503253/love-not-smoking-do-something-different>) will help you on your journey. This unique, six week scientifically-proven psychological programme retrains your brain, breaking old smoking habits and changing your life for good. The programme gets you ready gradually for your first smoke-free day, then provides daily bursts of advice and support to establish your new, smoke-free life.

Love Not Smoking's philosophy really is all about motivating the smoker to quit so they can realise that they'll "love not smoking"! The book helps them to "love not smoking", by putting lots more back into their life and filling the gap left when you take out the nicotine habit. It is also about love for your family and friend when they are smoking - whether it's the wife of a smoker who is worried about her husband's health, the son of a smoker who doesn't want to lose a parent or the girlfriend who loves her smoker boyfriend but hates him smoking. At the end of the day it's really about loving yourself enough or someone else enough that you or they try applying the author's powerful methods of "Doing Something Different".

If you really want to quit smoking for good then these are the stop smoking tools you'll need!

To view an interview with the authors just go to this stop smoking link

(<http://www.youtube.com/watch?v=R7pzDIYd10E>): <http://www.youtube.com/watch?v=R7pzDIYd10E>

You can check out their quit smoking app (<http://www.youtube.com/watch?v=Ql4KgTUqWf4>)

(<http://www.youtube.com/watch?v=Ql4KgTUqWf4>) as well, and for extra content from the book check out this pdf from Love Not Smoking (<http://www.lovenotsmoking.com/pdf/Start%20to%20Love%20Not%20Smoking.pdf>): <http://www.lovenotsmoking.com/pdf/Start%20to%20Love%20Not%20Smoking.pdf> .

For further details of the book and app and who's succeeding in quitting smoking check out

www.lovenotsmoking.com and please check out the Love Not Smoking face book site

(<http://www.facebook.com/pages/Love-Not-Smoking/144487562268708>).

For further details or to receive a press copy please contact Jo Burgess at Hay House

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