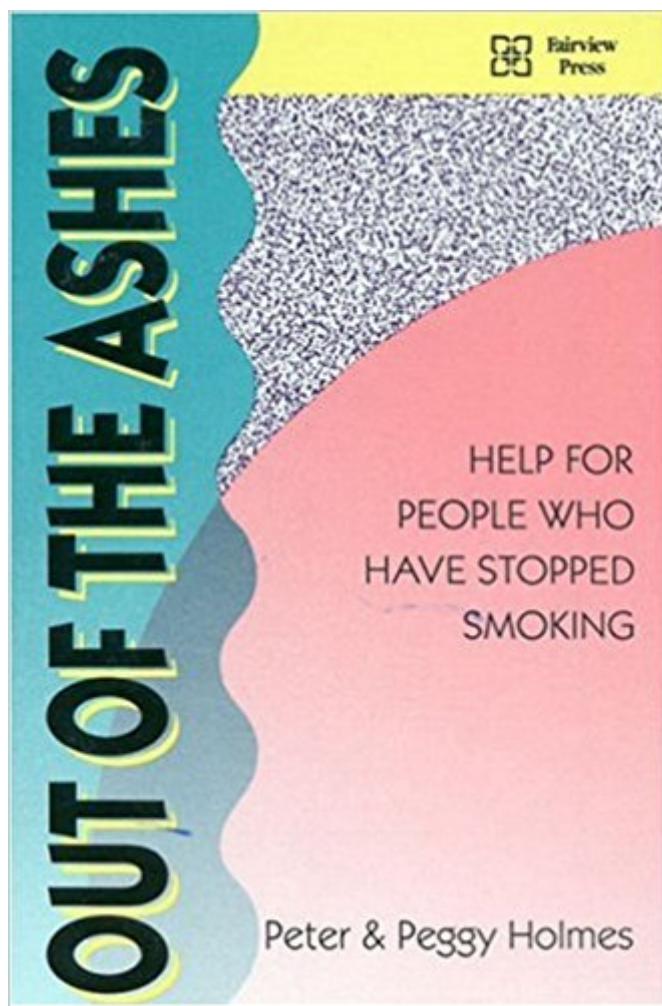


The book was found

Out Of The Ashes: Help For People Who Have Stopped Smoking



Synopsis

Offering ex-smokers new ways to cope with the challenges of remaining smoke-free.

Book Information

Paperback: 288 pages

Publisher: Fairview Press (June 12, 1996)

Language: English

ISBN-10: 0925190578

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Product Dimensions: 4.1 x 0.6 x 6.2 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 32 customer reviews

Best Sellers Rank: #157,631 in Books (See Top 100 in Books) #24 in Books > Health, Fitness &

Dieting > Addiction & Recovery > Smoking #14285 in Books > Self-Help

Customer Reviews

I attended the Clean Break Program and this is the book the instructor used (he wrote it) and after 36 years of being a smoker I was able to endure the withdrawal because of this class. By no means was it easy, I had tried many, many times to quit but the info in this book arms you with the info to succeed !

Excellent book. It really helped me stay strong throughout my quitting process. I've been smoke free for 6 months now but occasionally the urges come back and I have this book handy to get me through it. I highly recommend it.

My husband had been smoking for forty years. He did not really want to quit; but he was tired of standing in the rain and dirt of the smoking areas allowed outside of restaurants, etc. Over the years I have suggested many options including "I will pay you to quit!" Nothing lasted longer than 9 months until we found the winning combination. He started with the Patch, followed the guidelines there, and as he was finishing the Patch; he started with the Nicorette Inhaler. One day a friend mentioned that she was 17 years free and suggested Out of the Ashes: Help for People Who Have Stopped Smoking. Winning Combination!!!! He reads a passage daily with his morning devotions and reaches for it occasionally during the day. Our family adds prayer to all of our daily comings and goings and this GREAT little pocket book has been the extra blessing to stay smoke free. My

husband loves the book so much that we ordered 6 from and he keeps them in the car to hand out. In the New Year we will be ordering 12 more to keep them in stock.

I have now been an ex-smoker for almost two years. I smoked 3.5 packs of cigarettes a day for twenty-five years. This little book of short, focused readings absolutely revolutionized the way I thought about the process of quitting, the cravings, the mental gyrations, etc., that all quitters are intimately familiar with. I believe that this book was more of a factor in my success than the nicotine gum or Zyban, both of which helped immensely. After four failures (never lasting over three months), this book changed my THINKING and THAT was the real key to success. If there was a 100 star rating, I'd give it! As an update, as of Jan 31, 2016, what is said above is still my rock-solid opinion about my quit. I still have had no tobacco products in my body since 5/13/98, a few months shy of 18 years. I'm not bragging. I am absolutely sure if I took even one drag off a cigarette, I'd be back to 66 cigarettes a day in less than a week. There's never an upside to any tobacco intake after you quit. This is the main thing I internalized from this book and I still credit it just as much as I did before. I'm once again here to buy yet one more copy of this book for a struggling smoker.

There are much better smoking cessation books available. Allen Carr's books helped me the most by far. This book is just a bunch of quotes about quitting smoking, not super useful.

When I quite smoking for the 5th time I needed any and every resource I could find. This book was recommended to by from a recovered ex-smoker. I read it a lot. Short little articles about all the emotions and activity to be able to get through the withdrawal. I can just pick it up, open to any page, and find a short page of the exactly right inspiration I need at that moment. A must-have when you quite smoking!

Excellent!

I quit smoking! I kept "Out of the Ashes" with me everyday for my first month. Every time I craved a cig I read a page from this lovely pocket support gem and I made it without smoking each time. Anyone thinking about quitting, or just beginning their quit, will find this book worth having around. It's short caring and considerate pages are helpful in ways that cannot be measured. If you smoke -- Buy this book. It is worth every dime and then some.

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