

THE
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IDIOT'S
GUIDE**[®] to

"I think this book is great!
It is so comprehensive that
it is perfect for everyone."

—Barbara Cams Apman,
Facilitator Trainer,
American Lung Association

Quitting Smoking

Simple strategies for designing your own
program for quitting

A photograph showing two hands holding cigarettes. The hand on the left holds a lit cigarette with a glowing tip. The hand on the right holds an unlit cigarette. The background is a plain, light-colored surface.

Lowell Kleinman, M.D. and
Deborah Messina-Kleinman, M.P.H.

Complete Idiots Guide To Quitting Smoking

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