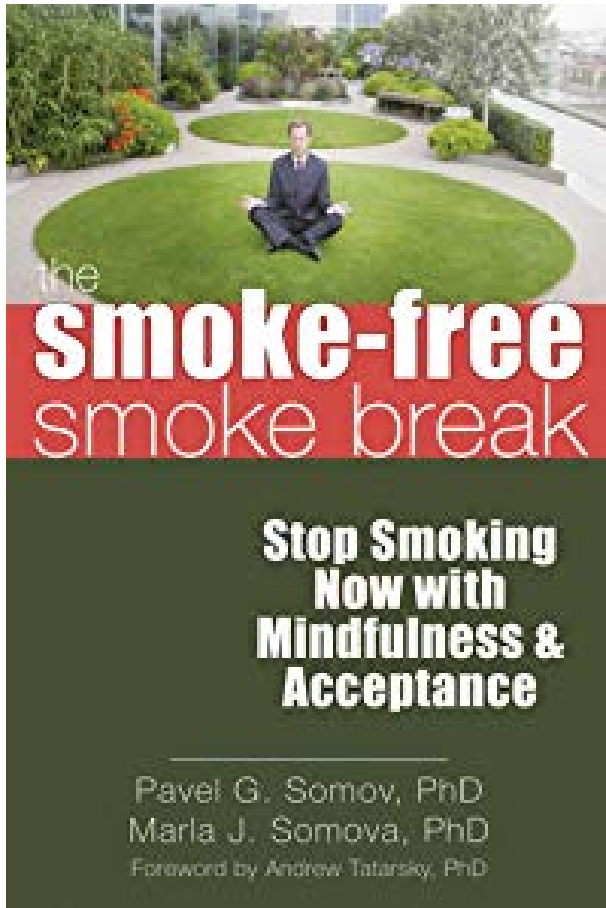


The Smoke-Free Smoke Break: Stop Smoking Now with Mindfulness and Acceptance



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[The Smoke-Free Smoke Break: Stop Smoking Now with Mindfulness and Acceptance.epub](#)

As a smoker, you know how comforting stepping out for a smoke can be.

Smoke breaks are relaxing rituals that can help you cope with stress, keep perspective, and feel good. So why give them up? With *The Smoke-Free Smoke Break*, you don't have to.

This groundbreaking approach presents a complete plan for quitting smoking safely by helping you transform your smoke breaks into a powerful self-care routine for managing stress and cravings. The exercises and meditations in this program are designed to make it easy for you to mindfully manage stress, control cravings, and prevent relapse. Long after you've quit, you'll continue to enjoy smoke-free smoke breaks to help you feel calm, relaxed, and in control throughout the day.