



# How To Reset Your Smoking

*Takeshi Isomura*

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## **How To Reset Your Smoking** Takeshi Isomura

“Reset Smoking” is an innovative method for smoking cessation. It has been developed for people who are stressed out. By triggering a chain reaction of awareness, your desire for smoking will disappear. You can start a smoke free life in a few days with very few withdrawal symptoms.

? Discover why, even after quitting smoking for years, many people still want to smoke after meals or at parties.

? Find out why you haven't been able to succeed at quitting smoking, even though you have dealt successfully with all the other challenges in life.

? Learn why cutting down on the number of cigarettes rarely leads to total smoking cessation.

? Discover the true nature of nicotine addiction so that you can break the spell of smoking.

After reading this book, you will never miss smoking and you will be smoke free forever.

About the author:

Takeshi Isomura MD., PhD., graduated from Nagoya University's School of Medicine, followed by his residency at Toyota Memorial Hospital. After earning a degree in medicine, he worked as a research fellow at the University of Texas' Southwestern Medical Center, studying the genetics of cancer and the genetics of aging. Unfortunately, his research was unproductive and he returned to Japan, feeling discouraged. Dr. Isomura decided to change his focus and he became a respiratory physician, working with Dr. Takanao Murate at Meitetsu Hospital. Dr. Murate's ideas about how to help people stop smoking inspired Isomura to open one of the first smoking cessation clinics for young people in Japan. Dr. Isomura is the author of several books in the field of addiction, especially nicotine dependence. One of his books, Niju-senno (Duplicated Brainwashing), has been translated into Korean, Taiwanese and Chinese. Dr. Isomura holds a black belt in Shorinji-Kenpo, a Japanese martial art.

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The reason why? Because this How To Reset Your Smoking is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret it inside. Reading this book beside it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this anymore or you going to regret it. This book will give you a lot of rewards than the other book have such as help improving your skill and your critical thinking way. So , still want to hold up having that book? If I were being you I will go to the book store hurriedly.

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