

BEATING THE
“BUTTT”
ON YOUR OWN



**IMPORTANT INFO ON
NICOTINE SELF TREATMENT**

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Foreword

Chapter 1:
Beating Nicotine Basics

Chapter 2:
Nicotine Replacements

Chapter 3:
Using Self Hypnosis

Chapter 4:
Using Support Groups

Chapter 5:
Using Nutrition

Chapter 6:
The Importance Of Quitting Smoking Today

Wrapping Up

Foreword

Being an arguably difficult addiction to overcome, the individual would need to have all the necessary tools available to help in the quest to overcome this addiction successfully and permanently. Get all the info you need here.