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Quit Cannabis: An Expert Guide to Coping with Cravings and Withdrawal, Unscrambling Your Brain and Kicking the Habit for Good (Paperback)

By Jan Copeland

Allen Unwin, Australia, 2015. Paperback. Book Condition: New. Main. 198 x 127 mm. Language: English . Brand New Book. Do you feel you re losing focus and concentration? Is weed taking a toll on your relationships? Is it taking over your life? The longer you have used marijuana, the harder it is to quit. Maybe, like many others, you have experienced anxiety, sleeplessness and strong cravings when you ve tried coming off it. This ground-breaking guide is based on the experience of hundreds of users. It cuts through the folklore surrounding marijuana to reveal the truth about its impact on your health and how to quit for good. The expert author team, based at a specialist cannabis management clinic, provides practical tools on getting free from pot for the long term. You will find real-life case studies of former users who ve regained control of their life, together with proven strategies for managing withdrawal symptoms. The team also shows how to help a relative or friend come off the drug. If you are serious about quitting cannabis, this is the one book you must read.



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Reviews

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The book is fantastic and great. I have go through and i also am certain that i will planning to read through once more once more down the road. Its been printed in an exceedingly simple way and is particularly simply after i finished reading through this publication through which really changed me, change the way i think.

-- **Hank Powlowski**

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Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



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Hyperion, United States, 2016. Paperback. Book Condition: New. Alexandra Boiger (illustrator). 198 x 129 mm. Language: English . Brand New Book. There s a new resident at the Magical Animal Adoption Agency-but this one hasn t hatched yet! Mr. Jams brought home...



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