

Scaricare Online Book Italiani Endlich Nichtraucher - Für Frauen - Allen Carr



Scaricare online book Italiani Endlich Nichtraucher - für Frauen Allen Carr , Hektik im Job, Stress zu Hause, Langeweile oder Geselligkeit - es gibt viele Gründe, warum immer mehr Frauen zur Zigarette greifen. Mit Allen Carrs weltweit bekannter Methode haben es schon Tausende von Rauchern in wenigen Wochen und ohne übermenschliche Willensanstrengung und heftige Entzugserscheinungen geschafft, endgültig mit dem Rauchen aufzuhören. In seinem neuen Buch geht Carr auf die Motive, Fragen und Probleme speziell weiblicher Raucher ein und zeigt ihnen den Weg aus der Nikotinsucht.

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