



Free Yourself Box Set (4 in 1): Quit Smoking, Control Alcohol, End Sugar Addiction and Relieve Stress to Change Your Life Forever (Positive Thinking & Mindfulness)

Annette Marsh, Constance Powell, Wendy Cole, Bobbie Myers

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Free Yourself Box Set (4 in 1)

Book One: How to Quit Smoking and Break the Nicotine Chains: Practical Solutions to Identify and Avoid Smoking Triggers

Here is a preview of what you will learn from this book:

- How to Identify and Avoid your Smoking Triggers
- Different Methods of Quitting
- How to Eliminate Temptation
- How to Seek Help from Loved Ones and Professionals
- How to Prepare For and Soothe Withdrawal Symptoms and Effects
- How to Avoid Relapsing or Developing Another Addiction
- What to Do In Case of Relapse
- And More

You only need to try and get the ball rolling and you will be able to quit smoking in no time!

Book Two: Sugar Detox: Step by Step Plan to End Sugar Addiction

Here is a preview of what you will learn from this book:

- The importance of sugar detoxing
- How to replace your sugar-rich foods

- How to end your sugar cravings
- Making your life a sugar free life
- And Much More

Book Three: Stop Drinking!: Practical Solutions to Control Alcohol and Change Your Life

Inside you will learn:

- Help you learn about the hidden reasons why people resort to being alcohol depended.
- Learn about the negative effects of alcohol intake.
- Find out practical ways to beat alcohol dependency and addiction
- Experience and enjoy the benefits of alcohol recovery
- Learn how to stay away from alcohol and show support to those who are on their way to complete recovery
- And so much more

You do not have to be a therapist, nor do you need to check yourself in at alcohol recovery institutions or facilities in order to beat the habit. Read the book and find the help that you or your loved ones need.

Book Four: Free Yourself from Negative Thinking: 21 Positive Ways to Stop Worrying, Relieve Stress & Be Happy

Here is a preview of what you will learn from this book:

- The positive thinking lifestyle
- Tips to clean up by removing negativity
- Techniques to move on by developing positivity
- Lifehacks to stay happy
- True stories of positive thinkers and how the lifestyle influences their lives

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Glenda Rizzo:

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Milan Allen:

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Belinda Smith:

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