



The Diet to Stop Smoking: Reduce or Regain Weight and Feel Great

Karen McKenzie

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Hello my name is Karen, and I want to tell you about how I've changed thirty years of bad habits, stopped smoking, and got rid of my excess weight, because I feel others can achieve this too. Smoking has to be one of the toughest addictions of all, but I strongly believe that the way of eating I am proposing, will make all the difference to your successful quitting. Now I'm completely comfortable being around people smoking and you can be too.

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