

# Promise Not To Smoke For The Next Minutes: A Journey of Transformation and Healing



**GIVE UP SMOKING COLD TURKEY: I PROMISE NOT TO SMOKE FOR THE NEXT 5 MINUTES (REDWOOD TREE WOMAN Books)** by John A. McDougall

★★★★☆ 4.5 out of 5

Language : English  
File size : 5176 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 43 pages  
Lending : Enabled



Are you ready to quit smoking? Are you tired of feeling controlled by your addiction? Do you want to live a healthier, happier life? If so, then this book is for you.

In *Promise Not To Smoke For The Next Minutes*, author Redwood Tree Woman shares her personal journey of quitting smoking after decades of addiction. With honesty and humor, she shares her struggles and triumphs, and offers hope and inspiration to anyone who wants to make a positive change in their life.

Redwood Tree Woman's story is a powerful reminder that anything is possible. If she can quit smoking, then anyone can.

This book is a must-read for anyone who wants to:

- Quit smoking
- Break free from addiction
- Make a positive change in their life

If you're ready to take the next step on your journey to a smoke-free life, then Free Download your copy of *Promise Not To Smoke For The Next Minutes* today.

**What people are saying about *Promise Not To Smoke For The Next Minutes*:**

"Redwood Tree Woman's story is a powerful reminder that anything is possible. If she can quit smoking, then anyone can." - **Dr. Oz**

"This book is a must-read for anyone who wants to quit smoking. Redwood Tree Woman's honesty and humor will inspire you to make a change." -

**Oprah Winfrey**

"Redwood Tree Woman's journey is a testament to the power of the human spirit. This book will give you the hope and inspiration you need to make a positive change in your life." - **Tony Robbins**

**Free Download your copy of *Promise Not To Smoke For The Next Minutes* today!**

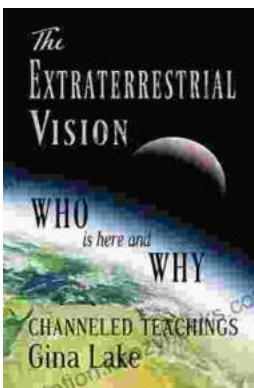
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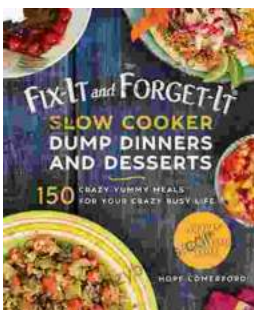
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