



Clean and Free Workbook Set: Quit Stay Quit Nicotine Cessation Program

By Terry A. Rustin

Hazelden Information Educational Services, United States, 1995. Multiple copy pack. Condition: New. Language: N/A. Brand New Book. Short, focused, achievable learning sessions allow clients to move at their own pace-building confidence, clarity, and a strong motivation to quit. With this set you will receive the following workbooks: The Get Ready - Clean and Free Workbook 1- Highlights the reasons for quitting and helps clients identify when and why they craved nicotine the most.- It examines the personal signs of addiction, including activities and behaviors associated with nicotine use. Get Set - Clean and Free Workbook 2- Outlines the physical and emotional aspects of nicotine use.- Teaches practical methods for managing anxiety without nicotine.- Shows how to recognize feeling that can lead to nicotine use. Go - Clean and Free Workbook 3- Helps clients develop a two-week preparation plan for greater velocity and optimal liftoff on their final quit-date.- Teaches clients crucial relapse defense techniques.- Boosts self-esteem- with accessible techniques for evaluating gains and communicating success. This is part of the Quit Stay Quit Nicotine Cessation Program - a simple, thorough, proven program to help people at any stage of nicotine use tackle the addiction - and possibly save their lives. What the Nicotine Cessation Program offers:- Imparts...



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