

Download gratis bøger Endelig ikke-ryger for kvinder! (PDF - ePub - Mobi) Allen Carr DbsBook



Allen Carr er anerkendt vide kredse som verdens førende ekspert i at hjælpe rygere med at holde op med at ryge. Hans internationale bestseller Endelig ikke -ryger! Ven lette vej til rygestop er solgt i over tre millioner eksemplarer, og hans netværk af klinikker behandler mennesker overalt i verden.

Antallet af kvindelige rygere stiger ubønhørligt, mens antallet af mandlige rygere gradvist falder. Metoden EASYWAY ("den lette vej") lykkes lige så godt for kvinder som for mænd, men mange af de spørgsmål, der forbindes med rygning, opleves anderledes af kvinder, og kvinder, der ønsker at komme ud af rygevanen, støder på særlige vanskeligheder.

I bogen Endelig ikke -ryger for kvinder! undersøger Allen Carr disse forskelle og viser, hvordan metoden med held kan løse vanskelighederne, I en verden, hvor tobaksreklamer henvender sig til kvinder for at holde dem fast på nikotin krogen, er denne bogs

specielle formål at hjælpe dem med at komme ud af vanen.

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