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STOP SMOKING IT'S ALL IN THE MIND



W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Stop Smoking it's All in the Mind, Gillian Bridge, Here is an 87 per cent success rate. Gillian Bridge is a former English lecturer and psychologist. She combined this training to become a professional Psycholinguistic Consultant. The approach is individual. There is a questionnaire assessment and self-perception analysis. This title presents a step-by-step plan for giving up, getting through tough times and staying that way. Smokers know full well...

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- Authored by Gillian Bridge
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