



Smettere di fumare, si può! (Italian Edition)

alessandro delvecchio

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Hai mai provato a smettere di fumare?

Se sei giunto fino a qui credo proprio di sì.

Immagino anche che ci sarai riuscito a volte ma il punto è che hai sempre ricominciato.

Non preoccuparti, è così che funziona, tutti i metodi per smettere di fumare falliscono perché non considerano l'aspetto mentale.

Il metodo e le strategie qui descritte mirano a creare cambiamenti oltre che nei comportamenti, nelle convinzioni del fumatore, questo cambiamento di convinzioni è alla base di un cambiamento di abitudini definitivo.

Hai l'opportunità di avere gli strumenti per smettere definitivamente di fumare, preferisci ora continuare a provare a smettere con i soliti metodi che non funzionarono un tempo e che quindi non funzioneranno nemmeno in futuro oppure preferisci imparare come cambiare le tue convinzioni e quindi abitudini rispetto al fumo definitivamente?

Ricorda che nasci non fumatore, questa è la tua identità, riprenditela!

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