



How to Quit Smoking Without Gaining Weight

Martin Katahn

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At least two-thirds of the people who quit smoking gain an average of 10 to 12 pounds. But going on a diet after you quit is one of the worst things you can do! Research shows that dieting can increase your craving for cigarettes. Now, to help you find the best way to quit and keep the weight off, Dr. Katahn--author of the T-Factor Diet--presents a safe, simple program based on the latest scientific research in metabolism, biochemistry, and smoking cessation.

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