



El placer de no fumar... nunca más (Spanish Edition)

Carola Sainz

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El placer de no fumar... nunca más propone un detallado plan de acción y describe un método para abandonar el cigarrillo de manera definitiva y con mucho menos sufrimiento que el imaginado, sin apelar a recursos perturbadores. Seguirlo es experimentar una verdadera metamorfosis hacia un estado físico y psíquico mejor.

Además de ser una necesidad, dejar de fumar es un anhelo compartido por muchísimos fumadores. Sin embargo, a la hora de tomar la decisión, siempre aparece una excusa para aplazar ese momento hasta un mañana lejano e impreciso: "Ahora no puedo, tengo mucho trabajo", "Cuando solucione mis problemas", "Después de mudarme".

Así, ese deseo se va convirtiendo para muchos en un sueño irrealizable. En el camino quedan aquellos que trataron infructuosamente de abandonar el cigarrillo y los que, por temor al fracaso -o al éxito-, ni siquiera se atreven a intentarlo.

"Dejar de fumar no es fácil, pero se puede. Y vale la pena", sostienen las autoras de esta obra. Y saben a qué se refieren. Ambas fueron fumadoras empedernidas, y una de ellas, médica especialista en tabaquismo, lleva diecisiete años ayudando a los fumadores a dejar de serlo.

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