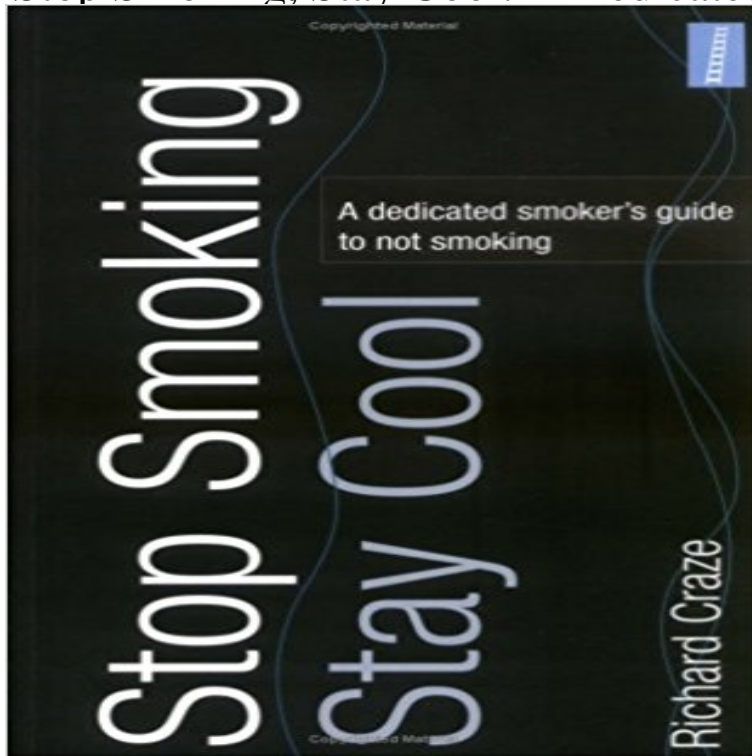


Stop Smoking, Stay Cool: A Dedicated Smokers Guide to Not Smoking



It is, without doubt, the most original book on the subject of smoking - and, more pertinently, what happens when you try to stop - ever published... This is not a self-help book, nor is it a guide to giving up smoking, but it is, in its own way, inspirational and undoubtedly will be the most unusual book you'll read this year. Sunday Express Richard Craze is rather brave to have written such a shockingly honest book. It is well researched, quoting some uncommon smoking anecdotes as well as citing all the statistics you could want. Best of all, the book never patronises or preaches. FOREST

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