



Como dejar de fumar: Hagalo de una vez y casi sin darse cuenta (Spanish Edition)

Dr. Jorge Bello

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Based on the experience of the author—a licensed physician—as he attempted to quit his smoking habit, this handbook takes a dual approach to achieving the goal: it both advocates the use of traditional treatments, such as nicotine patches and gum, and combines them with a holistic approach that includes meditation, relaxation, and acupuncture. More than merely a 12-step approach to quitting tobacco, however, this guide also discusses the history of tobacco and the risks it poses to health and acknowledges and addresses the physiological and psychological obstacles to overcoming nicotine addiction.

Basado en la experiencia del propio autor—un licenciado en medicina—mientras intentaba dejar de fumar, este manual propone un método doble para alcanzar la meta: recomienda por un lado la desintoxicación progresiva del cuerpo mediante tratamientos tradicionales, como los parches o el chicle de nicotina, y los combina con un enfoque holístico que incluye la meditación, la relajación y la acupuntura. Más que un programa de 12 pasos, sin embargo, esta guía también discute la historia del tabaco y los riesgos que representa para la salud y reconoce los obstáculos fisiológicos y psicológicos para superar la adicción a la nicotina.

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