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It's common to gain weight after you stop smoking, especially during the first several months — but it isn't inevitable. Smoking acts as an appetite suppressant and may slightly increase your metabolism as well. When you quit smoking, your appetite and metabolism return to normal, which may lead you to eat more and burn fewer calories.

Quit Smoking Today Without Gaining Weight by Paul McKenna ...

Quit Smoking Today Without Gaining Weight is published by Bantam Press. For more information go to Paul McKenna's website.

Quit Smoking Today: Without Gaining Weight on Apple Books

Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? Then let Paul McKenna help you! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes ...

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Quit Smoking Without Gaining Weight REVIEW (Paul McKenna Book)

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Quit Smoking Without Gaining Weight

You can quit smoking without gaining a lot of weight. Don't let the fear of weight gain keep you chained to an addiction that will kill you, given the chance. Don't let the fear of weight gain keep you chained to an addiction that will kill you, given the chance.

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