

Serious advice, presented in the fresh and user-friendly Complete Idiots Guide... format, from an addictions counselor for people who are concerned about their addictions (to caffeine, cigarettes or alcohol), or other annoying or destructive behavior that repeats and which they would like to change.

Gekisha Showa (Japanese Edition), Alice Doesnt: Feminism, Semiotics, Cinema, Shift: Change Your Words, Change Your World, The Civil Wars in Chile: (or The Bourgeois Revolutions that Never Were) (Princeton Legacy Library), Science of Synthesis: Houben-Weyl Methods of Molecular Transformations: Category 3: Compounds with Four and Three Carbon-Heteroatom Bonds (SCIENCE OF SYNTHESIS (HOUBEN-WEYL METH/MOLECULAR TRANSFORM )), Unconventional Investing: Alternative Strategies Beyond Just Stocks & Bonds and Buy & Hold, Redemption: Supernatural Time-Traveling Thriller with Sci-fi and Metaphysics (Volume 1), The Northwest Shore: Fine Art Photography of Michigans Northwest Lower Peninsula Shoreline, Drunk on Sports, The South,

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