



# If Only I Could Quit: Recovering From Nicotine Addiction

*Karen Casey*

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# If Only I Could Quit: Recovering From Nicotine Addiction

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## **If Only I Could Quit: Recovering From Nicotine Addiction** Karen Casey

This complete resource brings together personal stories of recovery, Twelve Step guidance, and 90 daily meditations to help us become nicotine-free. *If Only I Could Quit* is written by one of Hazelden's most popular meditation authors and a recovering nicotine addict.



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