



# Come Smettere di Fumare in sette giorni (Italian Edition)

*Gianni Serafini*

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**Come Smettere di Fumare in sette giorni (Italian Edition)** Gianni Serafini

Simpatica guida , che, se seguita con impegno e costanza permette di smettere di fumare in sette giorni , con metodi psicologici , esercizi di volontà e test per la completa disintossicazione dalla nicotina.

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