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Cet ouvrage fait le pari que vous avez en vous suffisamment de ressources et de volonté pour arrêter de fumer. Perplexe ? On en reparle dans 30 minutes.

L'Auteur

Cadre dans une grande entreprise, Géraud Guillet est diplômé en sciences économiques et management international. Marqué par le cancer du poumon d'un de ses proches qui y laissera sa vie, et lui-même ancien fumeur, il a consulté de nombreux experts pour aborder ici le sujet du tabac sous un angle novateur, optimiste et efficace.

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