



# Quit Smoking Overnight: The Catholic Man's Smoking Gun Guide To Quitting

*Rusty Kern*

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## **Quit Smoking Overnight: The Catholic Man's Smoking Gun Guide To Quitting** Rusty Kern

Specifically for Catholic men, this Guide delves into the DNA built-in to smoking males; a strategy for those who want to quit but couldn't, and you need be neither Catholic, male nor a believer in God for it to work. This approach has lots of warrior stories written in a direct, understanding and funny way specifically targeting the point of origin of the issue and the attack method for quitting overnight. You plan when the battle will begin, are told what battles you must win and get equipped accordingly. Author Rusty Kern recognizes that most self-help works are too broad; as a life-long Catholic he zeros in on specific problems plus addresses the strong links between masculinity and smoking, time, your past, and friendship. He has been a leader and professional story teller his entire life, a Past Grand Knight in the Knights of Columbus and a smoker of 35 years who really did quit overnight -- and stayed quit -- using the prayer techniques in this book.

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