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How to Stop Your Child Smoking

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How to Stop Your Child Smoking Allen Carr
Though only 26 per cent of the UK adult population now smokes (down from a peak of 80 per cent), smoking is actually on the increase among young people. A particular problem exists with teenage girls, though children as young as 8 to 12 are smoking. This book, by the foremost expert in the subject, offers a clear, practical guide to parents on how to stop their children smoking, starting with the first rule of Don't Be Complacent. This is a unique book that addresses a growing problem that all parents worry about.

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