

Andreas Winter
**Nikotinsucht –
der große Irrtum**
Warum Nichtrauchen
so einfach sein kann!
Mit Starthilfe-CD

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Andreas Winter
**Addiction to Nicotine
—the Big Fallacy**
Why non-smoking can be so easy!
With a supporting CD

About the book.

Question: Why do passive smokers not get addicted?

Answer: Because smoking is not addictive! Everyone can quit smoking at a moment's notice when he/she exactly knows why he/she smokes.

With this provocative thesis the author Andreas Winter crusades against a worldwide fallacy—successfully, as the figures do prove: More than 1,000 affected persons who have come to know the background of smoking, were able to control smoking. Neither relapse nor withdrawal symptoms have appeared.

Winter makes it clear: Smoking does make ill, but is not addictive and one can stop it without the slightest difficulty. An adopted behavior causes the compulsion of smoking, but no physical addiction.

This book explains the new approach with which the “withdrawal industry” is turned upside down. Provocative, vivid and with scientific thoroughness.

Do you want to know why people smoke after sex and even after a heart surgery?—Follow an exciting, depth psychology analysis step by step with which each smoker can become a non-smoker without any difficulty.

About the author.

With his book series “The Psycho-Coach” Andreas Winter wants to let the general public gain from his scientific insights. The qualified educationalist works as a psychological counselor at his institute Powerscout in Iserlohn. His method contains the techniques of depth psychology analysis, elements of neuro-linguistic programming (NLP), and is working with vivid imagination. Andreas Winter is member of the society of German naturalists and physicians (Gesellschaft Deutscher Naturforscher und Ärzte). With his volume “Addiction to Nicotine—the Big Fallacy” he caused a great sensation in Germany.

“As a clinical pharmacologist I treated regularly the subject “smoking cessation” by means of nicotine substitution (nicotine patch, chewing gum) in my lectures .In particular I regarded the low long-term success rate which depends especially on the accompanying psychotherapy as unsatisfactory. Andreas Winter’s approach being at first astonishing, but plausible—that smoking is no addiction and that nicotine does not induce a physical addiction—does not only explain the poor effect of nicotine substitution, but it is also the basis of his therapy program of smoking cessation that is based on the making aware of the backgrounds of the smoking behavior. This therapeutic approach is plausible, very effective and hence recommendable.

Prof. Dr. med. Dr. rer. nat. Ulrich Borchard, 5 June 2007

“(…) Because of the low success rate of the preparations used so far the author feels his thesis reinforced (…).”

3sat, Sendung vivo, www.3sat.de, 26th May 2007

“(…) His success rate is about 90 per cent—this explains why people from all over Europe turn to Andreas Winter for advice (…).”
Visionen, January 2007

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