

## Quit Smoking Never Go Back

Offering practical tools and techniques to deal with the physical, mental, and emotional impact of recovering from nicotine addiction, Quit Smoking and Be Happy offers everything you could possibly need to not just extinguish that final cigarette, but to cultivate a life of true freedom, health and joy long after you do so. This book doesn't promise to make quit smoking easy. It doesn't promise that you'll be able to stop smoking without ever experiencing a single craving or withdrawal symptom. What it does promise is that you can still enjoy all the health, wealth and happiness you deserve DESPITE those cravings or withdrawals. In this book, you'll discover: How to cope with cravings without going insane How to deal with stress, anger, and irritability while quitting smoking How to prevent a relapse How to get back on track if you've already relapsed and much, more more. In addition, you'll find an abundance of bonus downloads, worksheets and resources to help you with: Fatigue and fogginess when quitting smoking Preventing weight gain and emotional over-eating Getting through a post-quit depression Recovering from quitter's flu and more.

This book aims to help people to overcome quitting smoking very easily as well as improve significant areas of their life. The tools and knowledge offered in this book will help to improve overall health, stop negative thoughts and patterns, stop self-sabotage, and incorporate mind-fullness in their life.

Gezond afvallen was nog nooit zo gemakkelijk Allen Carrs Stoppen met roken heeft wereldwijd miljoenen mensen geholpen te stoppen met roken. In dit boek richt hij zijn logische en eenvoudige methode op voeding. Er wordt je niets verboden, hij biedt je alleen een aantal principes die leiden tot een gezonder eetpatroon, een goed gevoel en gewichtsverlies – voor altijd. In korte hoofdstukken legt hij zijn vijf instructies en elf principes uit. Het komt erop neer dat deze methode ervoor zorgt dat je geniet van wat je eet, dat je de smaken optimaal proeft én afvalt. Je kunt eten wat jij het lekkerste vindt en je natuurlijke instincten volgen zonder schuldgevoel of spijt. Je geniet van verse producten, neemt afscheid van problemen met spijsvertering, je verandert je smaak en kunt de signalen van je lichaam beter opvangen. De pers over Eindelijk je streefgewicht 'Een andere benadering, een geweldig succes.' The Sun

This issue of Nursing Clinics includes the following topics: Nursing interventions for smoking cessation; tobacco cessation clinics; Cessation strategies for pregnant and postpartum mothers; Evidence-based cessation strategies and policies for college-age smokers; Evidence-based cessation strategies for rural communities; Gender differences and tobacco cessation; Optimizing tobacco cessation outcomes; Community based participatory research and cessation interventions; Use of quit-lines for cessation; Advocacy and smoke-free laws; Hookah use in adolescents and adults; Chewing tobacco; and E-cigarettes.

Do you or yours want to stop smoking? A 40-60-a-day ex-smoker myself, I finally arrived at a healing space in my life and found happiness without cigarettes. Eventually, I found EFT, the most effective method I know of for releasing any addiction or bad habit, including smoking. Unfortunately for me, I stopped smoking a little too late. My left lung will never be 100% again, but I did run half a marathon in 2011, almost 25 years after initially falling ill with the smoking-related lung disease. Now, I help others to quit smoking and other addictions. Just like me way back then, suspend your beliefs for a moment, get this book, and set yourself free. You can be pleasantly surprised how good you will feel. This book is bought by both total beginners and by experienced EFT Practitioners looking for a structured stop-smoking protocol to help their clients to quit with ease. Here is a selection of what others say about this one amazing book: "I just wanted to compliment you on your stop smoking script. I am an EFT practitioner that finally stopped smoking 106 days ago. I used bits and pieces I had gleaned from other practitioner's and came up with my own "program" that worked for me. I can tell you that it would have saved me some time had I found your script back then. You have a very good grasp on what the smoking addiction is all about. The physical part of the addiction was nothing compared to the emotional part. After smoking for 35 years I had subconsciously leaned on my nicotine addiction to help me cope with EVERYTHING! How nice of you to make this available to everyone. Blessings, Lynna" David actually used the techniques to stop smoking in 3 hours and wrote: "I'm still smoke-free and still completely shocked by how effective it has been" It may take you a bit longer than David, but give yourself the time to go through the 9 Easy Steps, and please remember to come back and leave a report of how it went for you. All good feedback is wonderfully appreciated. It will help others to have the courage to give up smoking too. Legal disclaimer - You are advised to assume responsibility for your own physical and mental wellbeing. Whilst some of the techniques used in this book have produced truly great results, they are still relatively new and have just started being put to rigorous scrutiny. Regardless of this proviso, you are advised to consult with your physician before embarking on any alternative or complementary treatment. This document does not constitute formal supervision of practitioners and practitioners take full responsibility for using it with their clients. Looking forward to your success, Suzanne Zacharia EFT Practitioner, Trainer, and Author

"Man is a travelling social animal." This book has three well-constructed finely crafted stories to offer, all set in Namma Madras which is represented as an enigmatic microcosm of today's world. The design of this book is predicated on the truism that human progress is the intractable notion of moving forward. The protagonists of the three stories accordingly endure an existential soul-searching journey that is equally physical and metaphorical in nature: a travel from their pasts toward their futures. The first story is a fast-paced love poem about two children who wander the streets of Madras, hopping around like modern day nomads. The second story is high intensity drama, very much on the lines of a courtroom drama, except that here, the action takes place in a police station. The writer community would appreciate the third story, for they may have gone through the much-despised "writer's block" themselves... A young writer is on the verge of an emotional breakdown on account of his sudden inability to unclog the intricacies of his emotions on paper – how is that not hilarious! As you turn the pages, Vanakam Cosmos is all about the profundity of the ineluctable fledgling worlds of people and undiscovered emotions.

Do you find yourself unable to quit that nasty habit. If so your troubles are over the moment you pick up this book and commit to the lifestyle it teaches. Good luck and stay strong! We'll see you tomorrow!

"How I Quit Smoking" is the book that will help you quit smoking once and for all. This book was written by a smoker who, after almost twenty years smoking two packs of cigarettes a day, has quit smoking and not gone back. Thanks to his experience, in this book you will learn what's true and what's not when it comes to quitting smoking. Quitting isn't easy, but this book and its author will be by your side

throughout the entire process so you can be successful. Let's do it!

How many times have you thought about quitting smoking? How many times have you tried to kick the habit only to give into your cravings and light up again? I've been there. While there are many books focusing on helping people quit smoking, few have them were created by people who really know what it's like to be heavily addicted to the smoker's lifestyle.. and it really is a lifestyle, isn't it? We smoke to be social, we smoke after a good meal with friends, we smoke to relax, and we even smoke just for the joy of it all.. whether it's a choice or not doesn't matter, we don't all hate smoking, we all just know how incredibly risky it is to keep on doing it. So, we stick on the patch and try our hardest to resist the temptation of lighting up.. when that doesn't work, we try chewing on nicotine gum, only to burn our throats and gag at the flavor that hardly replaces a cigarette.. and after those things fail us miserably, we become guinea pigs to hypnosis or magnetic jewelry, all claiming to be instant solutions to butting out that last cigarette, permanently. Yet, how many of those things really work? Our cravings are stronger than most of the aids, and despite how seriously committed you are to quitting, without a solid system in place, you are likely going to continue to shell out money trying every new gimmick to hit the market, only to continue right back where you started. But it doesn't have to be that way... For the first time ever, I have written everything I know about smoking, the reasons we do it, the methods we can use to quit and how we can rid ourselves from the powerful control that smoking has over us, without ever having to suffer from withdrawal or worry about relapse.. If you really want to butt out for life, you need to grab a copy of this book and put it into action TODAY.. never again will you ever have to struggle with trying to quit on your own. This guide is a comprehensive system that covers all aspects of smoking, and reveals the critical elements of an effective quit-smoking system that you NEED to know if you want to be successful... Here is just a sneak peek of just some of what's revealed: - Find out why you are really addicted to smoking and exploit this information to your advantage by de-activating "triggers" that cause you to light up! This is one of the easiest methods of kicking the habit, regardless how much you smoke! - Learn the shocking truth about stop smoking aids, and what really works and what doesn't. Never waste another dime on flaky gimmicks that only cause you to fail every time you try to quit. - Step by step strategy to quitting forever! Follow these time tested, PROVEN techniques to living a healthier, happier, smoke-free life and NEVER suffer from relapse. - Find out how you can eliminate cravings instantly and kick the habit faster and easier than you ever thought possible! You really can become a non-smoker, even if you have been smoking for many years. These insider tips will show you how!

About the Book This book is a guide on how to quit smoking and more than that. First of all a guide is meant to illuminate a path to follow. It is not a treatise or dissertation, but a simple guide. Follow the path and it will lead you where you want to go. It teaches you to understand how and why you smoke and what holds you in this habit. New insights are presented and a new method, The Reasoned Approach, is developed. The seven-step method is set off as a compact separate section for the reader to come back and go over whenever they need guidance, understanding or encouragement. Statements as to what you should know with conviction are written in each step to allow the reader to see what the lesson is intended to accomplish. It, of course, is not necessary that the reader agree with every single point. These, after all, are only meant to be guidelines. Anyone can and millions do give up smoking on their own and more power to them. The steps are meant to show an easy way to follow. As a parent, coach, and grandparent I have observed that simple instruction with personal encouragement allows the student to focus, understand, and know with certainty they have command of the lesson. A Practical Guide to Becoming a Non-Smoker was written in this vein. No matter how long you have been smoking or how many times you have tried to quit, it is still possible to become a non-smoker. But if quitting is not working, then you must seek out new ways to kick the habit. This resource guide helps you develop a plan to stop smoking once and for all. The knowledge and insights in this book will help you form the best attitude, and the encouragement offered will hopefully convince you that you want to get started. The seven-step method will teach you a path to follow. The final section presents a novel idea that you can develop tools to be used to help you quit smoking. Of course if you can do this there are probably many other endeavors that you can develop tools for. That is an added bonus. Written by a former smoker who has helped others become non-smokers. This guidebook enables you to overcome the obstacles standing in your way to a smoke-free lifestyle. Find new ways to beat a bad habit that is hurting yourself and your loved ones with A Practical Guide for Becoming a Non-Smoker.

The church as we know it is calibrated for a world that no longer exists. It needs to recalibrate in order to address the questions that animate today's congregants. Leading congregational researcher Scott Cormode explores the role of Christian practices in recalibrating the church for the twenty-first century, offering church leaders innovative ways to express the never-changing gospel to their ever-changing congregations. The book has been road-tested with over one hundred churches through the Fuller Youth Institute and includes five questions that guide Christian leaders who wish to innovate.

Quitting Cold: A Guide to Quit Smoking explains what to expect before, during, and after successfully quitting smoking. This guide will help to prepare both mind and body for each step in the process of quitting smoking. While other texts focus primarily on medical opinions and gimmicks, Quitting Cold uses knowledge and willpower as the basis for success. Based upon the personal experience and triumph of Carling Kalicak, who smoked for twelve years before successfully quitting, this insightful guide provides an easy ten-step program to success. Her methods educate and challenge smokers to rid themselves of cigarettes forever. Why should you try Quitting Cold to conquer smoking? Simple: the only way to quit for good is to give it up completely. Even so, that's easier said than done. Quitting Cold follows a routine that eases into letting go and ending this deadly habit once and for all. It offers a routine designed to increase willpower and to eliminate the need to smoke for good. The end result? An ex-smoker who never looks back.

Never before has there ever been any other program that helped me more as this one, and it gave me a nonsmoking life to live for my future. Michael Oliver, author of Educated Smoker.

Are your customers looking forward to waking up in the morning without headaches, regrets and stop getting trapped in the past? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need this Bundle in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS This brand-new book has helped thousands of smokers and drinkers from all over the world to quit. By explaining why your customer feels the need to drink and with step-by-step instructions to set him free, this smart guide shows how to escape from the addiction trap. Your customer will find: ? A unique method that does not require willpower ? Remove the desire to drink alcohol and smoke cigarettes ? Stop easily, immediately, and painlessly ? Regain control of your life ? Tips and tricks for everyday life ? Bonus: the bullet-proof program for women to leave the alcohol aside forever Are you ready to leave a permanent imprint on the lives of your customers and their family? Click the "BUY NOW" Button, Buy THOUSANDS of Copies and Let Your Customers Rob Your Library!!

For nicotine addicts wanting their health, looks, libido, energy, time, and money back, this book offers the solution. This is a very powerful program consisting not just of a book, but a whole arsenal of cessation tools. In order to eradicate cravings, release anxiety, and dispel the illusion of smoking as pleasure, there are Tapping and breathing exercises for the reader to follow. An online hypnosis session designed to change the brain back to how it was before nicotine hijacked the system comes part of the package. There are also visualizations that work on the subconscious mind, cutting the chains of addiction and creating a new smoke-free persona. For over 4 years, certified master clinical hypnotist Helen Basinger has empowered smokers to overcome their addiction within her practice, Freedom Healing. Now, her revolutionary cessation program is available. Quit

Smoking Now and Forever! is the complete guide for finally conquering the nicotine demon. The text is designed to speak to the subconscious as well as the conscious mind, allowing someone who smokes to literally change their "mind" about being a smoker as they turn the pages. Quit Smoking Now and Forever! is for all those people who have raised their heads above the smoke long enough to realize they need to find a way out. They have probably tried and failed a number of times and are now looking for a definitive solution. With an insatiable urge for ever more money, cigarette manufacturers have now introduced 600 additives, ranging from ammonia to chocolate, into their already genetically modified tobacco - making cigarettes the most addictive drug in the world. It has become so bad that according to the Surgeon General only two and a half percent of people are now able to quit without assistance, while six million people die from this curse every year. This unique book offers the antidote to this deadly addiction, enlightening the smoker to the web of deceit spun to entrap them. Quit Smoking Now and Forever! provides a step-by-step plan that can be tailored to suit different people. After all, not everyone has the same character, emotional state or belief system. Some people want to use natural herbs and homeopathy to help them quit. Some people benefit from Nicotine Replacement Therapy while others need to release the stress behind their smoking habit. A few people just need to get mad enough at how they have been manipulated in order to put cigarettes down forever. Quit Smoking Now and Forever! provides support and advice for every stage of the cessation process—from mentally preparing smokers to quit, to making sure ex-smokers never start again. Many strings are artfully woven together throughout the chapters, with stories and imagery all designed to equip readers with the tools they need to vanquish the nicotine demon - once and for all. Keywords: Quit Smoking, Stop Smoking, Nicotine, Addiction, How To Quit, Hypnosis, Tapping, Herbs, Smoking Cessation, Quit Smoking Plan

Read this book and you will be able to quit smoking with ease and without gaining weight.

Everyone knows how bad smoking is for them: about half of all regular cigarette smokers will be killed by their habit, but they just can't seem to give up. If you're really serious about giving up smoking then this is the book that will not only help you to stop, but to stay stopped for good. Gillian Riley's techniques allow you to understand your nicotine addiction, take control and break your smoking habit. There is a step-by-step giving up programme that is easy to follow and really works. Even in stressful situations, or when boredom sets in, you'll soon realise that even though the freedom and opportunity to smoke is there, you have chosen not to. How to Stop Smoking and Stay Stopped for Good will even help you to give up smoking without gaining weight.

Stop nicotine addiction is not easy, but you can do it! In this world full of influence and powerful attraction, particularly to something that is wrong or unwise. Sometimes, the unnerving ness of it all can lead to disease and complications which deteriorate our health. And once get caught up in such situations, it's hard to improve our health situation or worse, the disease can progress or worsen. Smoking isn't good for anybody. Second hand, smoke has proven to be worse than smoking. For those around you, once you smoke you're hurting them too. Many individuals smoke for years, which make it hard to quit. Nicotine addiction can ruin families and destroy the lives of anything in its path. The heartbreak and devastation that it causes hurts people every day and we understand how difficult it can be to find the right solution. Fortunately, you have come to the right place. If you or some you love wants to know how to stop nicotine addiction? The answer is simple but not easy. But here's the good news! Nicotine addiction can be stopped with the right tools and techniques! But before we go into that, ask yourself, have you ever faced any of these problems in your life? --Feeling helpless and unable to get out of the nicotine addiction trap.--You lack the tools and strategies needed for helping you overcome your thought and past behavior.--You don't have a proper support system needed to help you deal with your addiction.--Or you are totally clueless when it comes to dealing with your problem. Well, you are not alone. I've once walked down this miserable path and I told myself that I would do whatever it takes to figure out the key to freeing myself from my nicotine addiction and living a life of freedom I deserve. And after years of experimentation and hardship, I've finally found the solution, which I want to share with you. This book will show you exactly what you need to do to get rid of the smokes! Discover how to have the best chance of quitting nicotine and dramatically improve your quality of your life today! Get all the support and guidance you need to permanently stop being a slave to nicotine and cigarettes! This book is one of the most valuable resources when it comes to easy ways to eliminate smoking addiction, revitalize your body! Break nicotine addiction today and start a new life! A sneak peek of this ultimate guide to break nicotine addiction:--You will be able to notice significant change in your body when practicing the strategies to overcome strong desire for nicotine.--Tricks to ride out cravings for nicotine.--With this guide, you'll be equipped with the most powerful tools and strategies to helping you break nicotine addiction.--You will also be exposed to plenty of highly effective methods for identifying triggers and preventing them.--You'll also get tons of extra information on your conditions and how you can deal with them in a variety of ways to stay away from previous habit using natural remedies. With great power comes great responsibility. Once you know the secrets in this amazing book, there is no going back. It's time to get moving toward developing success in stopping smoking! Are you ready?

This is a book for those who smoke and want to stop and for those who've stopped but need reassurance. I'm the latter. I started and stopped four times and this final time was the last. I'm never going to take the crown from Allan Carr for writing a practical book about quitting smoking so I've written my own, consisting of cold facts, personal memories, home-spun philosophies and hard life experience. I'll make a deal with you: as long as you're reading this book, you won't smoke. I don't mean just as long as you're physically holding the book in your hands and lifting the words from the page with your eyes, even if you read a little, a few pages, then put it down and go off and do something else and then come back to it again. No. As long as there's a relationship between you and the contents of this book, you won't smoke. Is that a deal? Just remember: there's no dignity in slavery. If you want dignity ? you've got to be emancipated.

"It was love at first sight. The beads of moisture on a chilled bottle and a slim cigarette in her right hand. The way the glasses clinked. The way the conversation flowed, amidst the labile and seemingly fascinating smoke of the cigarette... Then it became obsession. The way she hid her bottles and cartons of cigarettes behind the refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And, like so many stories, it fell apart" "55% OFF for Bookstores! Discounted Retail Price NOW!!" Are your customers looking forward to waking up in the morning without headaches, regrets and stop getting trapped in the past? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need this Bundle in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS This brand-new book has helped thousands of smokers and drinkers from all over the world to quit. By explaining why your customer feels the need to drink and with step-by-step instructions to set him free, this smart guide shows how to escape from the addiction trap. Your customer will find: ? A unique method that does not require willpower ? Remove the desire to drink alcohol and smoke cigarettes ? Stop easily, immediately, and painlessly ? Regain control of your life ? Tips and tricks for everyday life ? Bonus: the bullet-proof program for women to leave the alcohol aside forever Are you ready to leave a permanent imprint on the lives of your customers and their family? Click the "BUY NOW" Button, Buy THOUSANDS of Copies and Let Your Customers Rob Your Library!!

Do you smoke one cigarette after the other, and wish you could find a way to quit? This is the no-nonsense guide you need to read so that you can stop smoking forever. Diseases, bothering other people, coughing, always feeling unhealthy; nothing good comes from smoking, and yet you can't seem to stop. It's 2019, and 'I don't know how' is just not an excuse anymore. Your health and your life are on the line. It's time to say goodbye to your addiction. In Stop Smoking, I take you through a step by step process that will convince you to stop and then teach you how to make that stick. Your body is desperate to be healthy again. That is why this guide is going to be the turning point for you, the final stop on your road to being a non-smoker!In this step by step guide you'll discover: -Why you should quit smoking right now (not tomorrow)-How smoking affects your body, mind and those around you-How to prepare for the day you quit forever-What you can expect when you quit, and how to fight back-What your smoking triggers are, and how to change them-How to manage the side effects after you quit (don't gain weight!)You always knew the day would come when quitting stopped being a concept, and became a reality. This is that day. I'll teach you how to break the habit and embrace good health.Begin the process of being healthier and happier - and breathe easy for the first time with these expert tips. Making this decision is the hard part. Then all you have to do is focus on letting go!Become a non-smoker with this easy to use guide. Buy it now, and stop smoking!Our Book Covers the Following Topics: - Stop smoking - Stop smoking books - Stop smoking now - stop smoking forever - stop smoking hypnosis - smoking cigarettes - Quit Smoking Hypnosis

"It was love at first sight. The beads of moisture on a chilled bottle and a slim cigarette in her right hand. The way the glasses clinked. The way the conversation flowed, amidst the labile and seemingly fascinating smoke of the cigarette... Then it became obsession. The way she hid her bottles and cartons of cigarettes behind the refrigerator. The way she slipped from the dinner table to the bathroom, from work to the bar. And then, like so many stories, it fell apart" "55% OFF for Bookstores! Discounted Retail Price NOW!!" Are your customers looking forward to waking up in the morning without headaches, regrets and stop getting trapped in the past? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need this Bundle in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS This brand-new book has helped thousands of smokers and drinkers from all over the world to quit. By explaining why your customer feels the need to drink and with step-by-step instructions to set him free, this smart guide shows how to escape from the addiction trap. Your customer will find: ? A unique method that does not require willpower ? Remove the desire to drink alcohol and smoke cigarettes ? Stop easily, immediately, and painlessly ? Regain control of your life ? Tips and tricks for everyday life Are you ready to leave a permanent imprint on the lives of your customers and their family? Click the "BUY NOW" Button, Buy THOUSANDS of Copies and Let Your Customers Rob Your Library!!

A guide to stopping smoking, once and for all. It helps readers break their addiction so they can live a healthier and smoke-free life.

Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? THEN LET PAUL McKENNA HELP YOU! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

Are your customers looking forward to waking up in the morning without headaches, regrets and stop getting trapped in the past? Do you want to make sure that by buying just one book they will come back to buy again and again? Then, You Need this Bundle in Your Library and... Your Customers Will Never Stop to Use and Gift It! ? - WHY THIS BOOK CAN HELP YOUR CUSTOMERS This brand-new book has helped thousands of smokers and drinkers from all over the world to quit. By explaining why your customer feels the need to drink and with step-by-step instructions to set him free, this smart guide shows how to escape from the addiction trap. Your customer will find: à A unique method that does not require willpower à Remove the desire to drink alcohol and smoke cigarettes à Stop easily, immediately, and painlessly à Regain control of your life à Tips and tricks for everyday life à Bonus: the bullet-proof program for women to leave the alcohol aside forever Are you ready to leave a permanent imprint on the lives of your customers and their family? Click the "BUY NOW" Button, Buy THOUSANDS of Copies and Let Your Customers Rob Your Library!!



academics and doctors where four sons were named after the four brothers of the Ramayan, SS stood out defiantly different. He was born for applause and the limelight; he was besotted with Raj Kapoor and cinema. In the face of stiff opposition from disciplinarian father Bhuvaneshwar Prasad Sinha, mother Shyama Devi's chhutka bauwa (little darling) set out for the Film Institute of India (now FTII) in Poona. Bombay was the next logical destination. Without Kapoorian good looks or any connection with the Hindi film industry, the unknown scarface from Patna went on to create history on celluloid. In politics too, with no known surname or family to power his entry, he set a record as the first film star from India to be sworn-in as a Cabinet Minister. Quotes Anything But Khamosh: The Shatrughan Sinha Biography, is a rivetingly honest read that retraces the hurrahs and heartaches of India's most popular Bihari Babu. "Do not attempt to change him. Of the 1.25 crore people of India, he stands out as unique" – Amitabh Bachchan, superstar, Hindi cinema "They used to call me the Shatrughan Sinha of the South" – Rajinikanth, superstar, Tamil Nadu "I became an actor because of Shatrughan Sinha" – Chiranjeevi, superstar & Congress-I leader, Andhra Pradesh "Ours is an Eklavya-Dronacharya story. He is my guru" – Ambareesh, superstar & Minister for Housing, Karnataka "A person who joined the Jan Sangh or the BJP when it was in the Opposition, had to be gutsy. Shatrughan is" – LK Advani, Senior Leader, BJP "I would give him sanyam ki salaah (advice on patience)" – Sushma Swaraj, Minister for External Affairs "I find there's no chaploosi (sycophancy) in him. Our doors are open 24/7 to him" – Lalu Prasad Yadav, Leader, RJD "If the Bihari Babu is hurt, the whole of Bihar is hurt" – Nitish Kumar, Chief Minister, Bihar "If we had Shatrusaab on our side, we wouldn't need anybody else on our team" – Nawaz Sharif, Prime Minister, Pakistan About the Author Renowned columnist, critic and author Bharathi S Pradhan has written both fiction and non-fiction. Mr Bidi – the life story of an industrialist; Heartfelt: The inspirational story of Medha Jalota; Colas, Cars & Communal Harmony on secularism and Valentine Lover, an adult novel, are some of her well-received books. She scripted a documentary on Mughal-e-Azam and ideated for Balaji Telefilms. She has been Chairperson, National Awards (for best writing on cinema), and has been on the jury of diverse awards committees. She was also on the jury of the Indian Panorama of IFFI 2015. Bharathi has edited a variety of magazines and contributed to several publications that include Reader's Digest, Mid-day, Savvy, Femina and Movie. She continues to be a Sunday columnist with The Telegraph. She lives in Mumbai with Sanjaya, her Chartered Accountant husband and Siddhesh, her son who is currently studying Law.

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