



# Unhooked: How to Quit Anything (Chinese Edition)

*Susan Shapiro Frederick Woolverton*

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**Unhooked: How to Quit Anything (Chinese Edition)** Susan Shapiro Frederick Woolverton

In the book Unhooked: How to Quit Anything, Dr. Woolverton and Susan Shapiro who used to be his patient use their personal experience, real cases and studies to show us how people can grow and quit their bad habits without any medicine. When you follow his ways to do, you will find that what has replaced your bad habits is the better and also more helpful life fun.

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