

# QUIT FOR LIFE MUSHIN JAMIE%0A

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Jamie Mushin talks about his book "Quit for Life"

Jamie Mushin is a highly skilled trainer and coach, working with people to improve their performance in both professional and personal spheres. He began

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ALL it took for Jamie Mushin to stop smoking was a "lightbulb moment", but it took the global financial crisis for him to write a book on how. "I quit 15 years ago

BSODs have been present in Windows NT 3.1 (the first version of the Windows NT family, released in 1993) and all Windows operating systems released afterwards.

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