



# No Need for Weed: Understanding and Breaking Cannabis Dependency

*James Langton*

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## **No Need for Weed: Understanding and Breaking Cannabis Dependency** James Langton

Tens of millions of people smoke cannabis every day, it would be unrealistic to think that nobody has problems when they try to quit or simply want to take a break for a while. One reason cannabis is such a popular drug is that it is incredibly versatile. Most users say they smoke to relax; others accept that it simply makes life less boring or helps them sleep. Another reason for cannabis's popularity is simply its addictive nature. This is despite the fact many users believe it to be non-habit forming, until they themselves try and quit. This book is designed to let you consider your relationship with weed openly and honestly. For the first time, here is a book that offers a real understanding of how cannabis interacts with all areas of life - from sleep, work and relaxation to our emotions, our senses, and our creativity, as well as our relationships. Using his own experience - and that of other people that he has worked with - James Langton offers a step-by-step guide to letting go of cannabis dependency, through the adjustment period and into recovery, helping you make the most of this positive life change and move forward to a place where you can clearly see that there really is No Need for Weed.

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