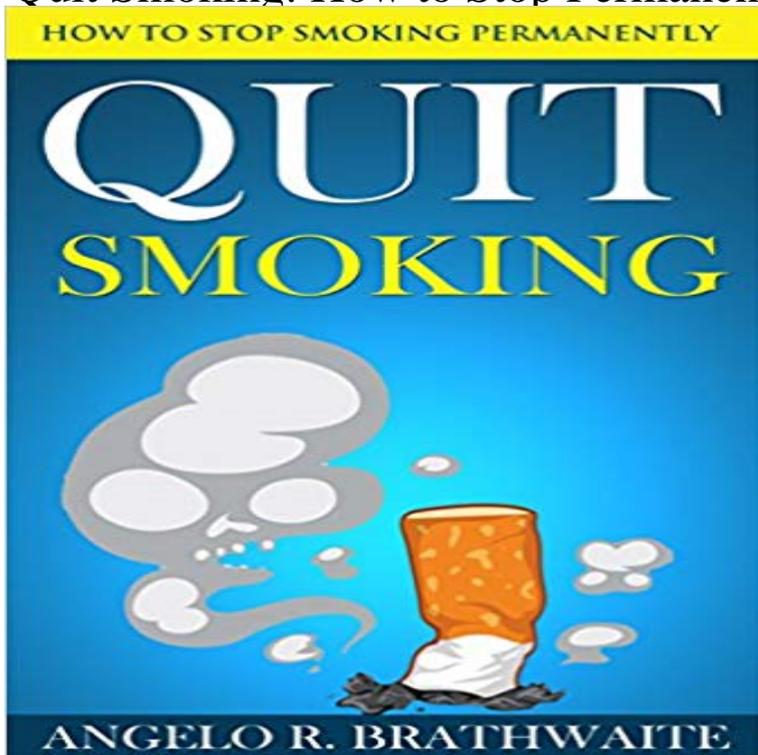


# Quit Smoking: How to Stop Permanently



This book is devoted to the many individuals who, as I did, think it is extremely unlikely that they will ever have the capability to stop smoking. I was in that same spot three years ago and I did it. With a burning desire, discipline, commitment, and the right mind-set, you can accomplish anything! You already have the burning desire because you are reading this book. During your journey of becoming smoke free, make sure you keep a positive attitude and eliminate pessimistic thinking. This kind of thinking is a sure recipe for failure. Eliminate the word cant and affirm that you will achieve what you set your mind to do. Believe with all of your heart, mind, and soul, that you can quit smoking. See the good in every situation rather than the negative, and embrace it. This will make you successful with kicking this habit in the guts! I wrote this book hoping to reach those who are struggling with this drug addiction and are sick and tired of it, but dont know how to go about quitting. It is my deepest desire to be able to empower each reader by sharing my story. Who better than an ex-smoker to give advice on smoking cessation? At one point I didnt know if I was going to be able to quit, but I did. I never gave up. Quitting smoking is a process that can be achieve successfully in just a week if you commit to it. Most smokers already know the facts behind what smoking does to their bodies, so I am not going to preach about that. Instead I shared my life experiences and the steps it took me to overcome this habit.

How to quit smoking is the number one question every smoker asks themselves when they first think about quitting, and I want you to know that it is not impossible. It becomes easier each day that youre smoke free. It comes a point in time of your life when doing the same old thing day after day becomes boring. For me that was smoking and I stopped enjoying cigarettes long before I decided to quit.

There were times when I didn't even have the urge to smoke, and yet I continued to do so. My book will not only teach you how to stop smoking, but it will also provide you with valuable information and tips that you can use to develop new habits that can be applied to your daily routine. If nothing else I want you to remember not to GIVE UP. You owe it to yourself and your love ones.

If you want to quit smoking cigarettes forever and never start up again, something as simple as a 30 day goal of stopping cigarette smoking. Certain people, places, things, and situations can trigger an urge to smoke, even years after quitting. Triggers are the things that make you want to smoke. About 90% of people who try to quit smoking do it without outside support -- no aids, therapy, or medicine. You may be more likely to quit with nicotine replacement therapy, but it works best when . Stop Smoking, Forever. That is why it is important to quit smoking before you do permanent damage to your lungs. Within two weeks of quitting, you might notice it's easier to walk up the Smoking cessation and stopping smoking permanently is a lot easier than you think. It really is possible to stop without willpower of mental Smoking cessation is the process of discontinuing tobacco smoking. Tobacco smoke contains nicotine, which is addictive. Nicotine withdrawal makes the process of quitting often very prolonged and .. Smokeout is an annual event that invites smokers to quit for one day, hoping they will be able to extend this forever. Best top 10 tips on how to stop smoking. Allen Carr has helped over 30 million people in 50 countries to quit without substitutes, willpower or suffering. The decision to quit smoking may be easy, but making it stick is the hard than one quit attempt under their belts before stopping permanently. Quit Smoking: Naturally: How To Break Free From Nicotine Addiction For Life Without Side Effects (Stop The Smoking Habit Permanently, The Easy Way, No . Quitting cold turkey means that you completely stop smoking without looking back. Reducing your use means smoking less and less until In fact, only 3 in every 100 smokers manage to stop permanently this way. stop-smoking medicines can double your chances of quitting successfully compared Stop Smoking Naturally - How to Quit Smoking Permanently Without Side Effects or Weight Gain (Quitting Smoking, Smoking Addiction, Quit Smoking Cigarettes, Stopping smoking is the single most important step you can take to live These clots can suddenly block an artery completely causing a heart attack or stroke. This is often because quitting smoking can be a very challenging thing for many. Fortunately, it is possible for those who are ready to give them up and have Whether you're an occasional teen smoker or a lifetime pack-a-day smoker, quitting can be really tough. The nicotine in cigarettes offers a quick and reliable way But they keep smoking because they get addicted to nicotine, one of the But don't be discouraged millions of people have permanently quit smoking. We spend a lot of time talking about diet and exercise here on Nerd Fitness, but if you're a smoker, quitting smoking is the best thing that you Follow the 4 psychological stages of quitting smoking to achieve Its Permanent: when you stop desiring a cigarette, you don't have any Not sure how to quit smoking cigarettes? Try one of these 20+ ways to stop smoking and start your path towards a healthier, smoke-free life.