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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Make Quitting Smoking A Reality

By Ashish Jain

Quitting smoking is an art. Making quitting a reality is not far once you earn a strong and sincere will to stop smoking.

I will share a real story of one of my close friends who at last succeeded to cease cigarette smoking. Often he used to argue, If everybody quits smoking, what will happen to the tobacco industry? Millions of employees will be retrenched!

What a perverted style of argument! I used to reply.

One day when he told me his newfound quest to quit smoking I asked him– What happened? Why do you want to quit smoking? Why are you now thinking about the reverse gear, all of sudden?".

After hearing him, I analyzed his situation. Perhaps numerous smokers all over the world who smoke have common reasons for smoking and quitting. When they start it, they do so perhaps due to the pleasant pressure put on them by their peer group. They never think that the matter could go that far! And finally after years of tobacco smoking, when the family doctor warns about the worsening condition of their heart, it shows the strains of crack. The pain faced might soon become a mild attack of stroke. So they decide to be very careful now!

After this encounter with the heart specialist, quitting smoking is more than a passing thought in the mind, but becomes a sincere goal to accomplish! All smokers have heard about nicotine, but only after spending their years in the company of cigarettes do they realize that it can cause this much damage to them!

Hearing all this, now you might be amazed and sorry to know that nicotine is not an ordinary addictive– it is as a hard and damage–causing enemy as heroin and cocaine.

Do not get frustrated and desperate should be the number one rule in your efforts to quit smoking because nicotine is a very powerful enemy and after years of smoking it gets deeply entrenched in your blood cells. Therefore, be ready for its counterattack! Be ready to face and tackle dizziness,

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depression, irritation, frustration, anger, headache, restlessness, trouble in reading and concentration. But your efforts to quit smoking, is worth its weight in gold. For apart from the attack you had, you have suffered enough on account of nasal irritation, running nose, watery eyes, sneezing, throat irritation, coughing and much more.

So you have a brilliant thought within you to quit smoking! Well, the entire society of millions of smokers is waiting for you to give them the lead.

Have a happy ending to your quit–smoking resolution which is going to become a reality this time, hopefully.

Ashish Jain writes about many topics. For more information on Stop Smoking visit

<http://www.stop-smoking-updates.com>

and for additional Stop Smoking articles visit the articles page:

<http://www.stop-smoking-updates.com/index.html>

Or, visit

<http://www.stop-smoking-updates.com/quitsmoking>

to comment.

Quit Smoking Today

By Ratliff J

Quit Smoking Today by Ratliff J

Decide Right Now to Believe that You CAN Quit Smoking

Studies of smokers who successfully quit smoking show that one of the most important traits of a successful quitter is their belief that they have the ability to quit smoking.

Good Reasons for Quitting Smoking

Quitting smoking is one of the most important things you will ever do:

You will live longer and live better.

Quitting will lower your chance of having a heart attack, stroke, or cancer.

If you are pregnant, quitting smoking will improve your chances of having a healthy baby.

The people you live with, especially your children, will be healthier.

You will have extra money to spend on things other than cigarettes.

Make Quitting Smoking A Reality

Five Keys for Quitting Smoking

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

Get ready.

Get support.

Learn new skills and behaviors.

Get medication and use it correctly.

Be prepared for relapse or difficult situations

Nicozan helps you stop smoking.

Not only will you stop smoking with Nicozan™, you will lose weight. We guarantee it. Even if you have failed before you will succeed with Nicozan™. If you are worried about weight gain, don't be.

Nicozan™ is specially formulated with one of the world's best known weight loss aids. Nicozan™ kills the craving for nicotine, cleanses the poisons caused by smoking from your body and eases the symptoms of withdrawal. There is no product to help you quit smoking that is more effective than Nicozan™.

Learn more at

Quit Smoking

.

J. Ratliff is an avid health article writer for various websites.



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