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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!

Why People Relapse After Quitting?

By Ashish Jain

If you have a weak frontier (not well protected) and a strong enemy on the other side, what happens? There will be repeated wars and in every war you will lose. The only alternative for you is to strengthen your frontiers and arm yourself with the latest techniques to win the battle.

In all probability, the enemy being sure of your strength will not attack you and if he does, you can confidently beat him back.

The habit of smoking is somewhat similar. You relapse to smoking after quitting because you do not have strong mental defense to beat back the cravings of the all-powerful nicotine which has the backing of 4000 poisonous bodyguards, 40 of them cancer causing!

Smoking is the greatest threat to health, wealth and welfare of you and your family members. It is responsible for millions of deaths all over the world and for thousands of hospitals being constructed to treat the cancer patients! In reality, it is a good for nothing investment!

I don't tell you that it is easy to quit smoking. Howsoever hard though, it is worth the serious try, until you finally give it up. If somebody is threatening to kill you, don't you react? Try once, try twice— let the habit relapse. Don't give it up. One day with a beaming smile, you will announce to all concerned, "I have quit smoking forever." I will be beside you and will be the first one to applaud you to my heart's content.

Don't you wish to live longer? There is no doubt that each cigarette shortens your life. Why do you wish to extend a cordial invitation to cancer and heart attacks? Work hard to quit smoking from today. You don't deserve such deadly diseases. Even if you survive, such diseases will cause you great anguish and pain.

Think over. You know the damages caused by indirect smoking. What right you have got to create a polluted atmosphere in your house and cause damage to the health of your family members? Have you ever calculated how much money you will save, if you stop smoking?

Why People Relapse After Quitting?

Don't take an alarming view of the relapse. Don't do self-condemnation. You have tried hard in the past. Concentrate, what made you smoke again. Try to analyze that point and redraw your strategy.

You are bound to succeed. Doubt it not!

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

& Quit Smoking provides detailed information

on stop smoking, how to stop smoking, anti smoking, quit smoking and more.

Quit Smoking Today

By Ratliff J

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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.

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 NicozanTM, you will lose weight. We guarantee it. Even if you have failed before you will succeed with NicozanTM. If you are worried about weight gain, don't be.

NicozanTM is specially formulated with one of the world's best known weight loss aids. NicozanTM 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 NicozanTM.

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Learn more at

Quit Smoking

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



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