

# How To Quit Smoking Naturally And Kick The Habit For Good!



[DOWNLOAD HERE](#)

Stop Thinking About How Youre Going To Quit Smoking When You Can Instantly Stomp It In Less Than 30 Days With A Proven Set of Techniques... When your last drag lasts more than a week and quitting has become nearly impossible, its time to use something that actually works. Memo: Quitting Today Is Not An Option Dear Prolific Smoker, Quitting smoking is easy, Ive done it a THOUSAND TIMES, sounds familiar? If youre anything like me, you have tried to quit thousands of times, yet the urge keeps coming back. Heres the thing, addiction is all in your mind! Its nothing physical - you just think it is. Its a mental game that you have to play by yourself and sometimes with friend. Either way, you already know the

hazards and health issues it causes. You just ignore it and think that you'll be the ONLY person in the world to not suffer from it. Well, guess again! It pretty much adds up to one conclusion: CANCER! It doesn't matter if you're sucking on menthol, lights, and even ultra lights, you're simply paying to kill yourself and hurt the ones who love you. Smoking Is So Freakn Cool! Do you remember the first time you had your first drag? The feeling wasn't so great was it? That is because your body actually rejects poison. I remember the first time I started. I was thinking it was the cool thing to do. I sat in my bathroom smoking cigarette after cigarette staring at the mirror as the smoke comes out. 15 minutes later, I finally realized something... I'm getting sick. When you light up a cigarette, it goes directly through your bloodstream, affecting many parts of the body including your heart, metabolism, and even your brain. This causes you to age faster, eat inconsistently and think slower. Not only is your life at risk, but you could be affecting your friends and family. I used to be a heavy smoker - even when I had two babies. I kept thinking that it's okay, because I go outside and smoke - never inside. I even take the extra precaution to stay outside for a few minutes to air myself out. I even went as far as wash my hands afterwards. Okay, sometimes. Is this what you're doing now? What I didn't realize was that the smoke was in my breath and had soaked into my clothes. Without knowing, I was talking into my newborn's face and playing with him all the time. I held him in my arms because I love him so much. It was such a joy... until the day my wife and I rushed him to the hospital. We found out that he was having breathing problems due to the smoke in my breath and in my clothes. I was heartbroken. I knew I had to quit. I just didn't know how. I was smoking several packs a day. I couldn't just drop it cold-turkey, you know? No way! Kick The Butt Once and For All I tried all kinds of stuff. Nothing worked. Tried the patch. Tried the hypnosis. Tried the pills. Nothing. I started to do all kinds of research as to WHY I was so addicted and what must be done to quit smoking once and for all. You have to understand, tobacco is made up of all sorts of chemicals, some of which are metals. Seriously, who wants to smoke beryllium (toxic metal)? Smoking is harmful to smokers and nonsmokers alike. Tobacco smoke alone could contain over 4,000 chemicals and it could affect people as much as 50 feet away. You smoke enough and it will travel along with you. You'll have a very distinct odor where people will constantly try to avoid you. Aren't you tired of that? There are countless numbers of people suffering from health problems, such as cancer and strokes. Don't add yourself to the statistics. Stop now before it's too late. The Mental and Physical Preparation To Quitting There's a way for you to prepare yourself mentally and physically, first off you have to want to

quit, otherwise relapses can occur. So before you actually try to quit, think of the reasons that makes the most sense to you. Here are some of my examples: my children, health, money, yellow teeth and constantly stinky breath. Nicotine symptoms can lead you back to smoking. If you do decide to quit cold-turkey there are withdrawal symptoms that can occur both physically and mentally. The physical part to quitting can result into how your body reacts to the absence of the addictive contents of the cigarettes. Mentally, however, it can be more severe. The lack of nicotine could be so intense that the following symptoms can take place: -Dizziness -Fatigue -Depression -Anger and Frustration -Anxiety -Increase of Appetite -Sleeping Disorders and or Nightmares Its pretty hard to quit, but understanding the side affects could make you that much closer to actually doing it! Get read to discover how you could say goodbye to your smoking habit - permanently. INTRODUCING: Kicking the Habit: A Smokers Guide is your way to actually breaking that hellish cycle in all of its forms. It teaches you step-by-step how to mentally and physically prepare yourself for each and every obstacle you will face during your walk to nicotine FREEDOM! This is whats inside: -Understanding the Psychology of Smoking Are You Addicted To Smoking? The Smokers Quiz -Why You Should Quit Smoking Today -Smoking and its ill effects -Smoking and Heart Disease- The Connection -Quit Smoking Today! -Admit your Addiction to Smoking -All cigarettes are equally bad -Mentally Prepare Yourself to Quit Smoking -Role of Will Power in Quitting Smoking -Role of exercise to Quit Smoking -Can Music Help to Quit Smoking? -Role of Meditation to Stop Smoking -How Does Acupuncture Help You To Quit Smoking? -Quit smoking with Cold Turkey Method -Why Is It So Hard To Give Up Cold Turkey? -Laser Therapy Helps to Quit Smoking -The Truth about Nicotine Patches -Hypnosis Techniques -What Happens after you Quit Smoking? -The immediate rewards -The immediate effects -Long term benefits -Fighting The Urge - How To Stay off for Good -Be cautious about the relapses 100 Money Back Guarantee I truly do want you to quit smoking. Not just for yourself, but for those around you. I dont want you to fail once again and have to pay for it. At any time within 30 days of trying out my techniques, if you are not entirely satisfied with it, I Will Refund 100 of Your Money - No Questions Asked. There isnt much time to think about this. You need to act now or youll lose out on this opportunity. Not that Im raising the prices or giving a limited number of copies to my system. No, Im talking about the opportunity in life that you will be missing out on when youre DEAD! Im talking about the opportunity in life that you will be missing out on when your kids try to avoid you. Im talking about the opportunity in life to do the things you want, but cant because your health is too bad.

Dont wait another day and think about it. Thats just another chance for you to forget about it and go back to what you were doing before - paying someone an outrageous price to kill yourself. Save your money, save your family the anguish and save yourself!

[DOWNLOAD HERE](#)

Similar manuals:

[How To Quit Smoking Naturally And Kick The Habit For Good!](#)