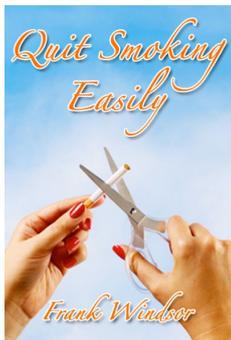


# CLIPPINGSTAR.COM Ebook and Manual Reference

## QUIT SMOKING EASILY EBOOKS 2019



Author: Frank Windsor

Release Date: Expected @@expectedReleaseDate@@

Discover How To Quit Smoking Easily!

You've been smoking for quite a while now and you know that you need to quit. But when you try, you find it's much more difficult than you ever imagined. The reason I know how you feel is because I've been in your shoes.

People who smoke can give you a hundred reason why they smoke and a hundred more why they should quit. So why are there still so many people lighting up?

Addiction is the answer to that question. When you smoke a cigarette, hundreds of chemicals are introduced into your body. The most addictive of those chemicals is nicotine.

I had been a smoker for 15 years. At my worst point, I was at two packs a day. I felt horrible both emotionally and physically. I had tried at least 20 different times over the course of that 15 years to quit, but could only make it a few weeks before I found myself lighting up again. It was demeaning.

Here is what you will discover inside this guide:

- # Why Do We Smoke
- # Smoking Is So Cool
- # Some Things To Think About
- # Smoking Bliss
- # The Healing Process
- # I Want To Quit, But That's Easier Said Than Done
- # It's Time To Stop Smoking
- # Taking The First Step
- # How Hard Is It?
- # Quitting Cold Turkey
- # The After Effects
- # Don't Follow The Crowd
- # Do It For The People You Love
- # What Else Can You Do
- # Following The Quitters
- # Motivation To Be Another Quitter!
- # These Are Some Smart People!
- # You Can Do It, I Know You Can!

Here's to a smoke-free life, my friend!

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