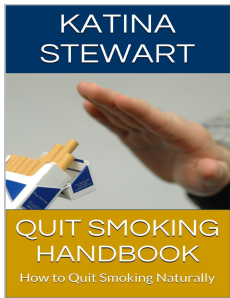


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QUIT SMOKING HANDBOOK EBOOKS 2019



Author: Katina Stewart

Release Date: Expected @@expectedReleaseDate@@

How To Quit Smoking Even If You Don't Want To

Smoking is in fact a pernicious craving for tobacco products, especially cigarettes and cigars.

An organic compound, nicotine, which is richly found in tobacco smoke, is very detrimental to your health. It is linked with various health risks. It can cause diseases of the cardiovascular system, myocardial infarction (heart attack), stroke, diseases of the respiratory tract such as Chronic Obstructive Pulmonary Disease (COPD) chronic bronchitis and emphysema, cancer (particularly lung cancer and cancers of the larynx and tongue), peripheral vascular disease, birth defects of pregnant smokers; offspring, Buerger's disease (thromboangiitis obliterans), impotence, and in some cases it may develop cataracts that may cause blindness.

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