

Title:

Alternatives to Cold Turkey Methods of Quitting Smoking

Word Count:

594

Summary:

This article talks about the dangers of smoking, and how people become addicted to cigarettes.

Keywords:

lifestyle, smoking

Article Body:

Everyone is well aware of the dangers that smoking can bring. It is highly addictive since it

Statistics have shown that nine out of ten tobacco users started smoking before the age of eig

People who smoke cigarettes or any other forms of tobacco does not consciously think about its

For people with family members who smoke, it is best that the family members themselves provid

In order to help loved ones who smoke, people should talk to their loved ones about the danger

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