

Title:

Decide to Quit Smoking

Word Count:

353

Summary:

I suppose that you want to stop smoking and you want to know how. In this post I want to remind

Keywords:

quit smoking, stop smoking, smoking cessation, cigarette, how to quit smoking, tips

Article Body:

The real problem is the decision process. That's right, it's a process. It's not a simple decision. As I already said in almost every post that I write, the decision is a process. I quit after 10 years. Let me ask you something, is it really so important to inhale something bad, just to control your weight? Every time you light a cigarette, ask yourself why did you do that? Was it necessary? How did you feel?

Article source:

<http://smokerness.com>

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