

Title:

The Best Way To Stop Smoking

Word Count:

540

Summary:

I am somebody who has managed to quit smoking, it took a lot of determination and will power,

Keywords:

quit smoking, stop smoking, best way to quit smoking, smoking cessation, nlp

Article Body:

I am somebody who has managed to quit smoking, it took a lot of determination and will power,

I had tried many times to stop smoking cigarettes and had always failed after only a few days.

I decided that I would only try again to stop smoking, when my life was in what I classed as a

When attempting to stop smoking in the past, I have always told everybody. This is a big mistake

As well as quitting smoking, I also decided to seriously reduce my intake of alcohol. When I had

Another reason why I had failed in my previous attempts to quit smoking, was possibly due to stress

I hope this article acts as an inspiration for other people to stop smoking.

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