



**stop smoking: the most effective way to stop  
smoking permanently (quit smoking today, stop  
smoking, addiction, Stop smoking Now, the easy  
way)**

*Jay Lopez*

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## **useful techniques that if you use, you can stop smoking!**

There are minimum one billion smokers in the world. When smokers pass the age of around thirty, smoking may take an average of five to six hours off their life for every single day they smoke. And that's the healthy life, not the life in old age. Smokers spend their old age with lots of harmful diseases than non-smokers.

Believe it or not, some people still ask that why they will quit smoking even in this day and age. Smoking causes illness and also death. It's probably the most preventable lifestyle factor that is affecting human health. Smoking causes harm to the every organ in the body. The heart, lungs, blood vessels, and fertility are all adversely affected by tobacco use and also the chemicals in cigarettes.

The nicotine that the cigarette companies place in cigarettes is extremely addictive. When you start to quit smoking, you will get so many benefits. You will be able to take breathe better than previous. You do not need to be worried about developing lung cancer, and you will also smell better. The other fact is, you can also save money because you will not be spending it on cigarettes.

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