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DISCLAIMER

The information in "Quit Smoking" and its components is just a good idea to stop smoking.

The publication of the book does not guarantee that the results obtained are identical to those of the other products.

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INTRODUCTION

Quit smoking for good? Easy said than done. In fact, smoking habits are the hardest addiction to quit compared to drug and alcoholic obsession. But we are all aware, even smokers themselves know the health risks that comes along with smoking. I believe, the majority of the smokers, if it applies to you are seeking the best help and advice to quit this silent, deadly habit. Let me emphasize this to you.

Smoking harms almost every tissue and organ in the body, including your heart and blood vessels. Smoking also harms nonsmokers who are exposed to second-hand smoke. If you smoke, you have good reason to worry about its effect on your health, your loved ones, and others. Deciding to quit is a big step, and following through is just as important. Quitting smoking isn't easy, but others have done it, and you can too.

In this eBook, we will be discussing more on how to quit smoking the easy way.

Let's begin!!!