



# Stop Smoking Today: Live a smoke FREE LIFE

*David G. Meadows*

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It is said that we're creatures of habit - Even if we know that a certain habit does nothing for us, we continue doing it anyway. Giving up smoking is not easy...Smoking becomes a psychological, emotional and a physical addiction and your behavior has been conditioned to follow a routine that is reinforced into a habit. You know that smoking is bad for you, even potentially lethal to your health, but you continue to smoke. "Smoking Kills Every Part Of You!" Now for the hard truth...Each year over 400,000 Americans alone die from cigarette smoking. That includes lung cancer, heart disease, stroke, respiratory diseases and second hand smoke - second hand smoke causes about 3,000 deaths from lung cancer each year...So, not only are you killing yourself, your killing others around you! Smoking also kills your WALLET...Think about this - If you smoke a \$8.00 pack of cigarettes every week for one whole year, that will calculate up to \$416.00 cash spent on smoking...In a year of smoking a pack every week you could have bought... • A Stylish Designer Suit... • A Video iPod... • A mobile phone with 1600 one-minute calls... • 15 hair cuts by a Vidal Sassoon's Top Stylist... • A Round-Trip holiday to Florida... "Take a Fresh-New Approach to Quit Smoking" After months of research and undergoing my own quit smoking experience, I've learned the following: Quitting smoking cigarettes doesn't happen overnight...Going "cold-turkey" will actually discourage your motives to quit - You need a different method, a step-by-step approach to kicking that habit! I promise, YOU have the ability to quit and stop smoking forever! And more importantly, your situation is not hopeless! "I'll Breakdown The Reason's Why You Started Smoking in the First Place...And Discourage Your Cravings to Smoke, Ever Again!" Let's face the facts, not only does smoking kill you, but it also the people around you and the money in your wallet. Here's a small taste of what you'll discover: Discover the ugly truth about smoking...And learn to use that knowledge to your advantage to help you kick that habit! Learn the exact reason's why you picked up that dirty habit. Get a better psychological understanding why you started to smoke and why you continue to do so... How to quit smoking, quickly and easily. The step-by-step approach to having a smoke free lifestyle! How to avoid the withdrawal symptoms like dizziness, mental depression, impatience, anger, weight gain, and the lack of focus... Learn how to STAY QUIT after quitting...About 80% of ex-smokers eventually smoke again. Learn how to stay quit, permanently! Avoid using drugs, pills or patches and discover safe alternative methods to quit smoking! What the government is doing to get rid of the smoking epidemic... And so much more! ~~~~~David G. Meadows~~~~~

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