

**HELP! I WANT TO GIVE UP SMOKING**

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### **Want to quit smoking? These tips may help you kick the habit | Health24**

A lot of people quit smoking around New Year's. I was one of them two years ago and decided to use this site to help me with a cold turkey quit.

### **Want to know the secret to quitting smoking?**

Ready to kick the smoking habit? Here are nine tips that may help your new smoke-free life stick.

## **Top Ten Tips on How to Stop Smoking - Allen Carr's Easyway**

A brief description of ten helpful tips for people giving up smoking tobacco. Learn about the most effective methods about how to stop here.

## **13 Best Quit-Smoking Tips Ever With Pictures**

If you want to stop smoking, you can make small changes to your lifestyle that may help you resist the temptation to light up.

Related books: [Zeit ist nicht das Problem \(German Edition\)](#), [Hot Ride](#), [Lust, Money & Murder - Book 1: A Female Secret Service Agent Takes on an International Criminal](#), [Even Demons Get The Blues](#), [The Farmers Daughter](#).

Yet, why is it so difficult to give up? There is no guaranteed way to quit smoking successfully but hopefully these tips will help you.

ThesetipsmayhelpyoukickthehabitReadytokickthesmokinghabit? Sign up for a free Medical News Today account to customize your medical and health news experiences. Smoking causes damage to your lungs, which is why you might be winded after walking up a flight of stairs or gasping for breath after running to catch the bus. Non-smokersdonotsufferit.You will almost certainly feel the urge to smoke many times during your quit day, but it will pass. An e-cigarette is an electronic device that allows for the inhalation of nicotine in a vapour without the other harmful byproducts of tobacco, such as tar and carbon monoxide.