

Alexandr Belkin



HOW TO QUIT SMOKING

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How to quit smoking

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Аннотация

Hello! My name is Alexander. My smoker experience is 12 years! I started smoking at 16 (for company) I thought I would give up when I want! Years passed, and I didn't even think about quitting! But now I don't smoke, yet I managed to drive into my head that I don't need to smoke cigarettes!

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How I quit smoking!



Perhaps you will be upset to see such a small text!

I am writing a text to the public for the first time! So do not judge strictly, everything is only in the case

In general, if you bought a book for 15 rubles (the rest does not go to me), then you need help!

So, I tried to quit smoking many times, but constantly broke down, because such a temptation, fragrant smoke attracted me (now it's just a stink)

Конец ознакомительного фрагмента.

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