

16+

SERGEY RICH

# QUITTING SMOKING – EASILY!

ALL THE BEST – POSSIBLE!



Sergey Rich

**Quitting smoking – easily!**  
**All the best – possible!**

«Издательские решения»

**Rich S.**

Quitting smoking – easily! All the best – possible! / S. Rich —  
«Издательские решения»,

ISBN 978-5-44-838034-1

The book describes proven in practice, in real life information, ways to beat the craving for smoking. Describes practices.

ISBN 978-5-44-838034-1

© Rich S.  
© Издательские решения

# Quitting smoking – easily! All the best – possible!

**Sergey Rich**

*Photograph* Сергей Николаевич Быков

© Sergey Rich, 2024

© Сергей Николаевич Быков, photos, 2024

ISBN 978-5-4483-8034-1

Created with Ridero smart publishing system

Hello.

My name is Sergey. At the time of writing the text to me 44 years. More than 7 years, I lead a healthy lifestyle. Without alcohol and tobacco. Play sports, I go to the horizontal bar.

About 7—8 years ago, I quit smoking. I live in a happy marriage with his beloved and loving wife at the Black Sea.



But earlier it was not so...  
For the first time made of cigarettes in the 5—6 class.

I remember the whole found in the stairwell of a cigarette and decided to feel like an adult...

He took a match, set fire to and inhaled. What exactly is felt, I can not remember, something like vertigo from mild smoke inhalation, and resins.



Since the beginning of my story and the smoker.

As a result of my experience the smoker was about 25 years old. At the time, when he decided to quit smoking by 2—2,5 packs a day, I happened to get up even late at night on a smoke break.

Not to mention the bad breath, yellowing on the fingers, constantly rises in price cigarettes, and so on.

## **Конец ознакомительного фрагмента.**

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.