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SERGEY RICH

QUITTING SMOKING – EASILY!

ALL THE BEST – POSSIBLE!



Sergey Rich
Quitting smoking – easily!
All the best – possible!

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Аннотация

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

Quitting smoking – easily! All the best – possible!

Sergey Rich

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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.

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