



12 Things to Do to Quit Smoking (Good Things to Know)

Heath Dingwell

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Smoking stinks. It also kills. Over 100,000 people in the United States die from smoking-related lung cancer every year, yet millions find it difficult to quit the deadly addiction every time they light up. Using the latest research, *12 Things to Do to Quit Smoking* can help you develop the best action plan so you can kick the habit for good. In this simple how-to guide, you can learn:

- What it is that makes smoking so addictive
- The benefits and downsides to quitting “cold turkey”
- The latest treatments that have been proven to work, including natural approaches
- How to deal with your withdrawal symptoms



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