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quitting smoking greatly reduces the risk of developing smoking related diseases 1 tobacco nicotine dependence is a condition that often requires repeated treatments but there are helpful treatments and resources for quitting 1 smokers can and do quit smoking for good smoking may have been your way to deal with stress fighting back against a tobacco craving can itself be stressful take the edge off stress by trying ways to relax such as deep breathing muscle relaxation yoga visualization massage or listening to calming music 8 call for reinforcements smoking cessation is the process of quitting smoking nicotine is a common substance found in tobacco products that causes addiction withdrawal symptoms arise when a smoker tries to quit smoking taking certain medications creating a practical plan and speaking to a doctor or family members are a few ways to handle withdrawal symptoms quitting smoking can lower risk of

various cancers including lung cancer heart disease stroke emphysema vision loss and other serious diseases disease and cancer in family members including smoking cessation reduces subsequent cardiovascular events and mortality smoking is a real chronic disorder characterized by the development of an addiction status mainly due to nicotine this condition makes the smokers generally unable to quit smoking without help quit smoking smoking and covid 19 getting started why you should quit pick your path to quit e cigs menthol dip challenges when quitting nicotine withdrawal cravings triggers handling stress manage your mood weight gain appetite stay smokefree for good stick with it weight management eat healthy get active help others

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