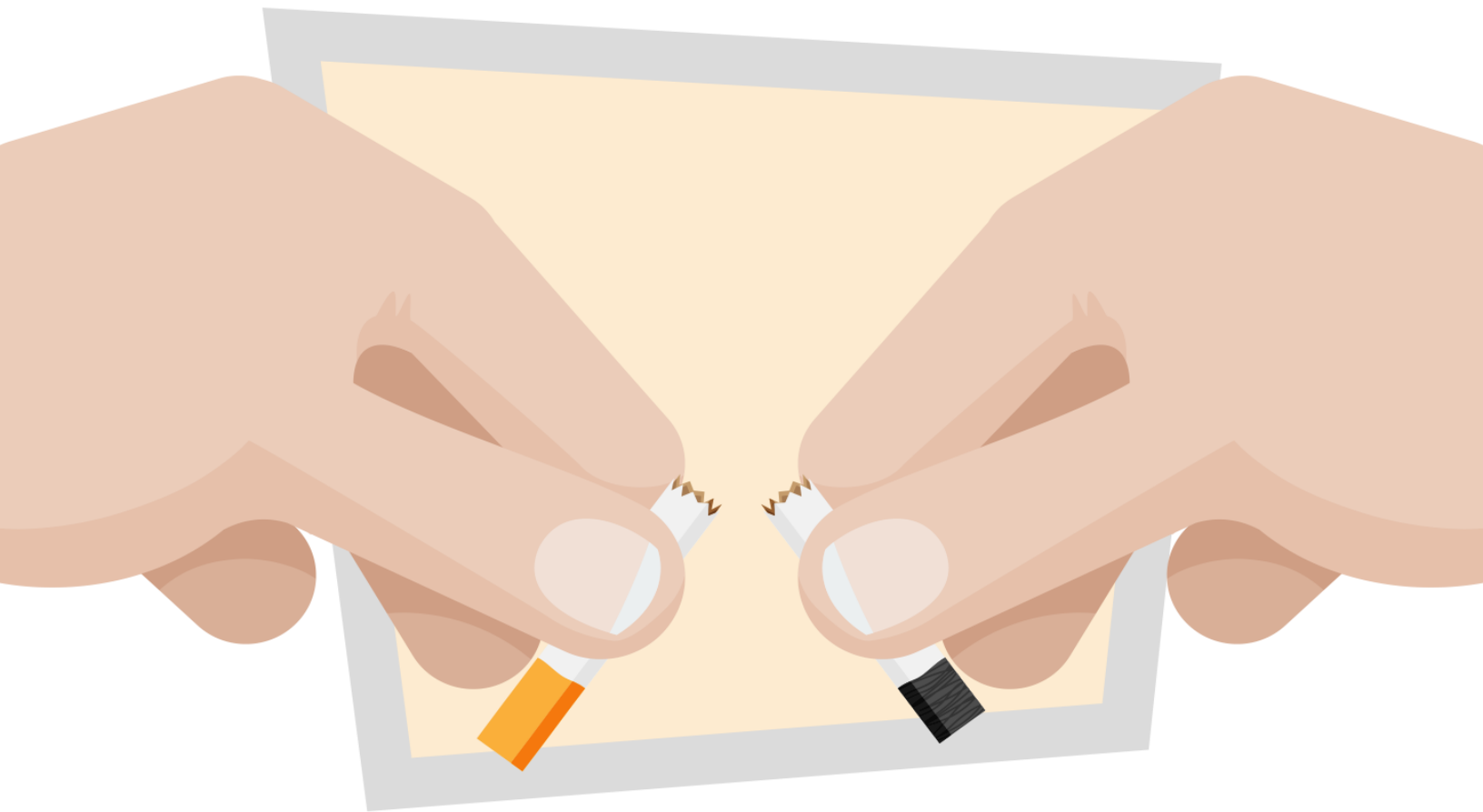


# CIGARETTE CRUSHER



**EASY WAYS TO ELIMINATE SMOKING ADDICTION  
AND REVITALIZE YOUR BODY**

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# Foreword

Are you a nicotine addict? The unmatched property that displays the addictive nature of nicotine isn't how hard or how simple it is to stop, nor is it how hard or easy it is for a person to stay off nicotine. The one true property that presents the might of the addiction is that irrespective how long a person is off, one puff and that declaration to stop can go out the window.

Don't ever try to tell yourself that you weren't addicted. You were addicted to nicotine all of the years you utilized it and you're addicted to it now too. However as an ex-smoker the addiction becomes asymptomatic. To keep it that way and to always stay in command, remember to never pick up another smoke! Get all the info you need here.

## ***Cigarette Crusher***

Easy Ways To Eliminate Smoking Addiction And Revitalize Your  
Body

# Chapter 1:

## *Introduction To Your New Life*

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I know that if you are a smoker it may be difficult to quit. However, if you wish to stop you will. You'll get the willpower to take charge. Smoking isn't good for anybody. Second hand, smoke has proven to be worse than smoking. For those around you, once you smoke you're hurting them too. Many individuals smoke for years, which make it hard to quit. Nevertheless, you have help and hope, particularly if you wish to quit bad enough.

