



# IT'S TIME TO BUTT OUT: A QUICK & EASY GUIDE TO QUITTING SMOKING AND TAKING BACK CONTROL OF YOUR LIFE

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## **IT'S TIME TO BUTT OUT: A QUICK & EASY GUIDE TO QUITTING SMOKING AND TAKING BACK CONTROL OF YOUR LIFE Allek**

Do you smoke and wish you didn't? Do you want to quit but don't know how to get started? Have you tried quitting or cutting down but have been unsuccessful? Does everyone around you smoke and you don't know how to just say no? Did you start smoking when you were young and don't even remember why you started?

This book will guide you through my own journey of smoking for 10 years and and what steps I used to overcome my addiction and take back control of my life.

Quitting smoking is one of the greatest decisions I ever made in my life. It completely changed the way I look at myself and the world. Not only did I feel better and look better but I started to act better. Quitting allowed me to start making better choices and decisions in my life that ultimately led me to a happier and more prosperous life.

I believe quitting is easy and I believe you can do it today!

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