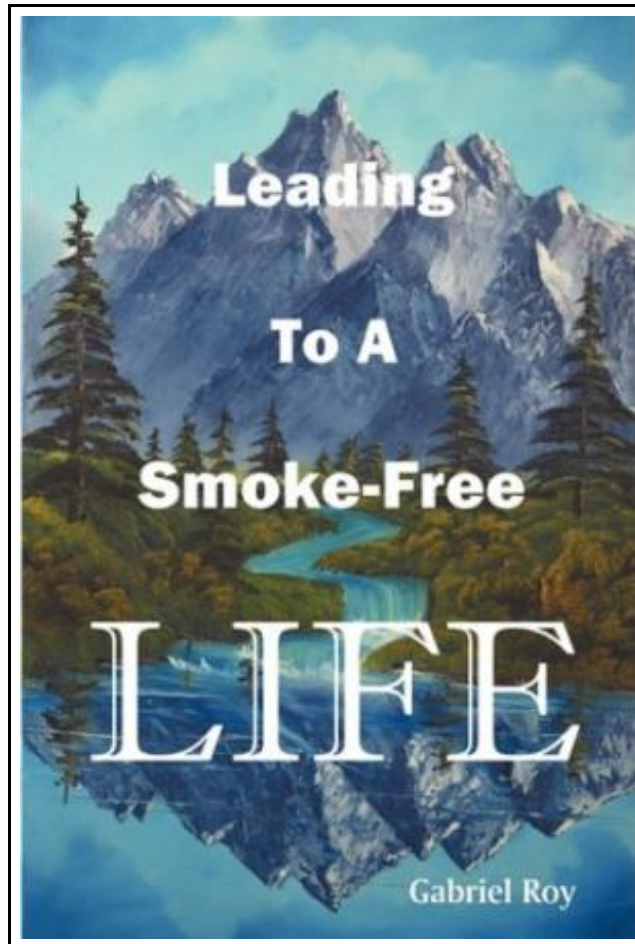


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LEADING TO A SMOKE-FREE LIFE, STEVE, A FATHER S DIARY: THE ULTIMATE STOP SMOKING BOOK, QUIT SMOKING NOW AND NEVER SMOKE AGAIN



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Whispering Pines Publishing, United States, 2008. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Why do we smoke? Thats simple, we smoke because we get rewards from it; it relaxes us when we are stressed, it perks us up when we are down, its a social thing we can do with friends. Those are our rewards. Now here is the price we pay for rewards: Nicotine sucks the nitric oxide in our body causing face wrinkles, it destroys our arteries, it affects our kidneys, liver, brain, fertility, and sexuality. It is more addictive than heroin, and as toxic as cyanide. Plus we must inhale the smoke to get nicotine into our lungs and cigarette smoke is full of chemicals which cause cancer and tar which coats the membranes of our lungs causing COPD. The above was the reason for this book, documenting what Steve, a healthy, strong, hammer-swinging carpenter went through from the day that he discovered he had lung cancer from smoking, to the day he died two and a half years later. Readers become aware that lung cancer is not like a heart attack where you clutch your chest, fall down, and BAM youre gone. No, lung cancer brags: OK, youve had your fun smoking for 5, 10, 15, 20 years, now its my turn and Im going to love watching you suffer while I am torturing you to death. The majority of smokers who read this book, quit. Those who have considered taking that first puff decide not to, fulfilling the goal of the book Leading to a Smoke-Free Life.



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