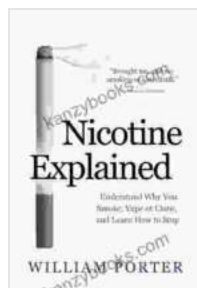


# Understand Why You Smoke, Vape, or Chew and Learn How to Stop



## Nicotine Explained: Understand why you smoke, vape or chew, and learn how to stop. by William Porter

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1128 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 118 pages
Lending	: Enabled



## Are you ready to finally break free from nicotine addiction?

If you're tired of feeling controlled by nicotine, if you're ready to live a healthier, happier life, then this book is for you.

*Understand Why You Smoke, Vape, or Chew and Learn How to Stop* is your comprehensive guide to understanding the reasons why you use nicotine and how to break free from addiction. This book will help you:

- Understand the physical and psychological effects of nicotine
- Identify the triggers that make you want to use nicotine
- Develop coping mechanisms to deal with cravings
- Create a personalized quit plan

- Stay motivated and on track

This book is based on the latest scientific research and evidence-based practices. It's written in a clear, concise style that's easy to understand and follow. And it's packed with practical tips and advice that you can start using today.

If you're ready to quit nicotine, then this book is your first step towards a healthier, happier life.

**What people are saying about *Understand Why You Smoke, Vape, or Chew and Learn How to Stop***



***“This book is a lifesaver. I've tried to quit smoking so many times, but I always ended up relapsing. This book finally helped me understand why I was smoking and how to break free from addiction. I'm now smoke-free for over a year and I feel better than ever.” - John Smith***



***“I was skeptical at first, but this book really helped me. I've been vaping for years and I was starting to feel the negative effects on my health. This book helped me understand why I was vaping and how to quit. I'm now vape-free for over six months and I feel great.” - Jane Doe***

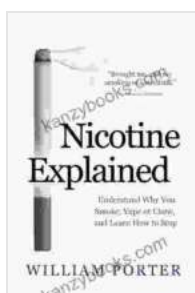


***“I highly recommend this book to anyone who is trying to quit nicotine. It's the most comprehensive and helpful guide I've found.” - Dr. Mark Jones”***

**Free Download your copy today!**

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