

Kick That Habit!

**Quit
Smoking**

***Learn How
to Live a
SMOKE
FREE
Lifestyle***

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Introduction

We're Creatures of Habit

“Form good habits...be a good person” is the universal motherly advice every one of us can recall when we scratch the realm of our memories. Tiny tots and youngsters are forever bound, protected and guided by their seniors and elderly in order to help them on to tread the path laid on time tested principles of honesty and good behavior. Yet sometimes unknowingly they take the forbidden route just to prove things for the heck of it.

Due to the extreme stress, strain and stretch of the competitive world around any person today is more susceptible to succumb to pressure and buckle under it. Here's where the need for addiction in any form arises which however provides only temporary solace rather than erasing the real cause. We sometimes latch on to it and slowly get further and further suck into its false whirlpool leading us to lose our will power.

An addiction simply adheres itself to our self-belief eroding it gradually by digging into it. We just remain a shade of our previous selves hereby taking a short cut to a track that leads us to more acute physical and mental problems. Any addiction can be overcome, any bad patch overridden if only we could endure it by facing it head-on keeping the following lines from Kipling in mind –

If you can fill the unforgiving minute
With sixty seconds worth of distance run
Yours is the earth and everything that's in it
And – which is more – you'll be a MAN!

Quit Smoking

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