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ITS TIME TO QUIT!: A simple guide to help you quit smoking once and for all!

Angel Lee Estipona

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According to WHO, tobacco kills around 6 million people each year, and more than 5 million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-smokers being exposed to second-hand smoke. Medical officials do not fail to keep on reminding us on the enormous negative impact cigarette smoking causes our health through numerous advertisements, campaigns, and advisories, but why can’t you still quit smoking?
For non- smokers, it might be difficult to understand, but for the 1 billion people around the globe who cannot move out from the vicious cycle of smoking addiction, you would certainly be understood on how awfully hard it is to escape this ravishing compulsion. Many ex- smokers would testify that quitting smoking is the hardest thing they ever did. However, millions of people have been able to do it, and for sure you can do it too.

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