



Why should I quit smoking?

Why should I quit smoking? It is a big question that every smoker sooner or later asks themselves. We will all reach this point at some point. If you are reading this, you are probably already there.

You have heard it from your family and friends, as more and more of them want to quit smoking and then convert you. Then there is your doctor who would make more money off you if you continued to smoke, but still wants you to quit too. Maybe even your dentist will join in. Your teeth turn yellow, do you smoke? Not to mention society in general. Smoking is prohibited in restaurants, office buildings and pretty much all public places. Where I live, even the bars have become smoke-free. Times are changing.

So we come to the point where we ask ourselves: Is it really worth it? If we stand outside in January and collectively freeze our butts off, then we usually ask this question. Every few hours we have to leave our desks. We apologize with excuses like: I'm going to get a coffee, I might as well have a smoke while I'm outside.

I guess the thing that bothers me most about smoking is the smell. We have seen our friends turn up their noses when they come into our house. Or the kids get in the car and say: Eww, it stinks here. We don't smell it on ourselves very often, but believe me, it's there.

I quit smoking about 8 years ago, on cold turkey. I did not really miss it after a while. During this time I noticed a lot of things about smoking. First of all, everything smells like smoke. Your clothes, your house and your car. Everything you use everyday smells like smoke. I have always had mild allergies. The whole time I was smoking, they seemed to bother me all the time. After I stopped for a while, my sinuses disappeared. I had the feeling that I could breathe better than before. Overall, I just felt better and healthier.

Then about 2 years ago, when I had some stress in my personal life, I started smoking again. I know what you are thinking now. DUMMY!

It didn't take long and I was back exactly where I was when I first smoked. The nose problems started again. After about 1 year I got a cold that felt like it lasted about 6 months. Things that I know are directly related to smoking.

Which caused me to ask myself a question, but I changed it a little bit. I wondered why I should not stop smoking.

👉 Do I enjoy spending at least forty dollars a week on smoking? No.

👉 Do I like feeling like I'm going to have a cold for months? No

👉 Do I like it when I find it hard to climb a few stairs? No.

Whatever method you choose to quit smoking, remember to ask yourself these questions every day. This will help you focus on your goal. If you need a stronger incentive, put all the money you would spend on cigarettes in one jar. Do not count it and do not think about it. Open it after 1 year and you will be amazed by yourself. Treat yourself to a vacation knowing that you have a long and healthy future ahead of you.

About the Author

Anti-Smokers

Web: <http://anti-smokers.net>

Anti-Smokers is the best stop smoking program in the world. We're helping thousands save their lives while healing from this terrible addiction. Join the movement

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