Why is quitting smoking so hard?

We all know that many smokers are aware of health risks that come along with smoking cigarettes. We also know that that some of them are seeking support and help for their habit. I dont want you to understand me as some kind of a guru who is making smart statements on how to quit smoking cold turkey in 15 hours for free. No no. My idea for smoking cigarettes is very similar to yours. You see, Im aware that smoking is a nice hobby, in fact its irreplaceable, it can be your best friend, so why quit smoking anyway?Smoking cigarettes is part of you, of your personality, of your everyday life. I https://masaimarasafaripackages.net/4-day-safari/ know your questions, the most obvious are: how can I gather strength to find a way to quit smoking? am I a person who can stop smoking cold turkey?, am I missing something, are there any smoking cessation methods that I dont understand? Now let me ask you a question but please think thoroughly. Can you not think of a blue color? Dont think of a blue color. Just dont think. Please :).



Why did you imagine a blue color? Because your brain works in pictures. The word dont, is a concept not a picture. For your brain that word simply doesnt exist in that thought. In a split second you first imagine the blue color, than an action word, in this case dont.Your brain work in pictures, and your focus determine your reality. Your focus can be triggered by questions. What type of questions you ask yourself is the way you shape your destiny. If your goal is to quit smoking naturally, than you should focus yourself on the quitting smoking benefits.For example, am I going to breed deeper as a non-smoker? Is my energy level going up or down? How important is my energy level? Am I going to look better, healthier? Am I born with a cigarette? Maybe some questions are funny but they can help you quit smoking. You have to focus on the other color. If you are seeking for natural nicotine patch, this is one way. Stopping smoking cigarettes is a big change in your life; it can trigger a positive momentum which will make you more fulfilled and happier. Let me guarantee you something, if you are reading this article, you have achieved a lot more than 95% of the smokers who are seeking quitting smoking support. Most of them are researching methods for quitting smoking cigarettes for about 2 min. Many of them believe that some day, they will stop smoking, scientist will find a nicotine patch that will stop cravings immediately and painfully. Dont stop researching, the answer will find you, when you have all the information and when youre ready. You can read my guide for quitting smoking cigarettes for more detailed information on the step by step process that can help you, and please dont forget to share this article if you find useful.