

Title: Conversations

Subtitle: How to Quit Smoking Tobacco

Second Subtitle: How to Quit Smoking Tobacco

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Watching the film, "idw", where we realize they spray the tobacco with ammon
translates as us being like a Crack Head or Junkie.

Understanding how it affects our body then made me quit, and wouldn't g
no sense now.

Which is understanding that when we get happiness normally, we get dop
drug in our brain; when we have ammonia, it affects it from refreshing na

Imagine the brain like a flower normally, give it the right food it blossom
vibes; tobacco is cancelling these out by giving a quick buzz, that doesn
life style does.

When we get that gasping feeling, that is our lungs starting to take in ox
hours it goes, and then taste sensations come back.

Basically we have to realize in our own logic, that smoking tobacco puts
depressive state, and costs a fortune to keep us there.

Having some tobacco left, where we know it is there; yet we make the ch

It is far easier getting up feeling fresh, and positive; rather than using p

Giving ourselves the space; makes it easier to free ourselves.

Like if we try to tell ourself, often we will find ways around it, as we're s