

# WITHIN 20 MINUTES OF QUITTING SMOKING...

YOUR BODY BEGINS A SERIES OF CHANGES THAT CONTINUE FOR YEARS.

**20 MINUTES**  
YOUR HEART RATE DROPS.



**2-3 YEARS**  
YOUR HEART ATTACK RISK BEGINS TO DROP.  
YOUR LUNG FUNCTION BEGINS TO IMPROVE.



**1 YEAR**  
YOUR ADDED RISK OF CORONARY HEART DISEASE IS HALF THAT OF A SMOKER'S.



**10 YEARS**  
YOUR LUNG CANCER DEATH RATE IS ABOUT HALF THAT OF A SMOKER'S.  
YOUR RISK OF CANCERS OF THE MOUTH, THROAT, ESOPHAGUS, BLADDER, KIDNEY, AND PANCREAS DECREASES.



**12 HOURS**  
CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL.



**1-9 MONTHS**  
YOUR COUGHING AND SHORTNESS OF BREATH DECREASE.



**5 YEARS**  
YOUR STROKE RISK IS REDUCED TO THAT OF A NONSMOKER'S 5-15 YEARS AFTER QUITTING.



**15 YEARS**  
YOUR RISK OF CORONARY HEART DISEASE IS BACK TO THAT OF A NONSMOKER'S.



# Quitting In Time How To Stop Smoking On Your Own

**Roman Wölfel**



**Quitting In Time How To Stop Smoking On Your Own:**

The Enigmatic Realm of **Quitting In Time How To Stop Smoking On Your Own**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Quitting In Time How To Stop Smoking On Your Own** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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