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It's common to gain weight after you stop smoking, especially during the first several months – but it isn't inevitable. Smoking acts as an appetite suppressant and may slightly increase your metabolism as well. When you quit smoking, your appetite and metabolism return to normal, which may lead you to eat more and burn fewer calories.

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Quit Smoking Without Gaining Weight REVIEW (Paul McKenna Book)

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One of the tools I used to help me stop smoking, Quit Smoking Without Gaining Weight is a short-yet-helpful book packed full of powerful NLP techniques and exercises you can use to change the way ...

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