



Smoking and Health: 261 (Issues)

Cara Acred

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The news that smoking cigarettes is detrimental to your health is not a recent revelation, yet every year 100,000 people die from smoking and even more from smoking-related illnesses. This book examines the effects that smoking has on the body, the reasons behind its addictive nature and the dangers of passive and social smoking. It also considers the recent trend towards e-cigarettes, asking whether they are an effective tool to aid quitting or a device we don't yet know enough about.

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