

## Start Smoking Now!

Remember the Marlboro guy? You don't see those sorts of ads promoting tobacco products on TV anymore. Back in the day, it used to be cool to smoke. Today we know, more than ever, the many health problems that are associated with smoking a tobacco product. It is finally being seen as a bad habit, perhaps a socially unacceptable one by a few. But, why do so many people start smoking then? Each year millions of people will light their first cigarette. Will it be you this year?

### Why We Smoke

Fitting in- In many schools, smoking is a large problem. Yes, it is still peer pressure that forces many teens to light up. Whether caused by the bully or the "come on, are you cool or not?" routine, smoking still happens quite a bit in those younger years. The best way to prevent your child from smoking is to talk to them about what it is, what it does to them, and the need to avoid it in the first place.

The partner does it- This is another large reason why people begin smoking in their young adult years. As they begin to date and hang around a group of people, they may just learn to smoke. Even if the non-smoking partner is never asked to take a smoke, it often happens that he/she gives it a try. At other times, people start it because it's easier to make conversation at bars or clubs.

Stress relief- Many people know that those who are smoking are relieving stress through it. So, if your life gets overloaded with anxiety and worry, maybe smoking a pack will help you to deal with it. At least that's how many individuals start smoking. Like other addictions, these feelings simply serve as a short-term escape from reality.

All of these reasons to start smoking do not have any real merit. After all, who really believes that it is cool to have tobacco yellow teeth? Nevertheless, thousands of people make the decision to start, pressured or not each day. Will you be one of them? You may want to realize, too, that if you never do start to smoke, you'll never have to fight the battle of quitting, a task that is harder than most problems of our daily life.

Source: <http://www.articlecircle.com>

### About the Author

Mike Singh is the publisher of <http://www.my-stop-smoking-zone.com/> On his website he provides articles about tips on stopping smoking and side affects of zyban.