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## Vaping for Beginners: An Introduction to E-Cigarettes (Paperback)

By Randall Lyon

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is an introduction to e-cigarettes and the world of vaping. It will explain what vaping is and what you need to get started vaping and stop smoking. Some people have tried e-cigarettes and gone back to smoking because they tried the ones at the local gas station and they didn't work. They were right, those do not work. My hope is that I will be able to introduce you to the ones that do. If you are a smoker, switching to e-cigarettes can save your life. The moment that you quit smoking and start vaping your body starts to heal itself from the damage that all of the chemicals that you have been inhaling have inflicted on it. All of this while not suffering the nicotine withdrawals you would experience if you quit cold turkey. The vapor that you inhale while using an e-cigarette consists of 4 or 5 FDA approved ingredients as compared to the 4,000 plus chemicals from smoking cigarettes. One estimate from over a year ago is that over two million have...



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