

Modern time pose heavy claims to people in career as well as in personal sphere; which move towards increasing one's stress. Not anybody can bear up against stress well, therefore people often "helps" themselves by smoking tobacco. The "help" often comes to a nicotine dependency, which seemingly fights against the stress.

Children start smoking sooner and sooner. The score is ill-timed knowing about health hazards and recently growing busyness of their parents who spend less time with children and education becomes ineffective.

This study should help you to get compact view of tobacco problem, its impressions and incidence to organism and shows some possibilities how to give up smoking. It also affects nonsmokers preventively.