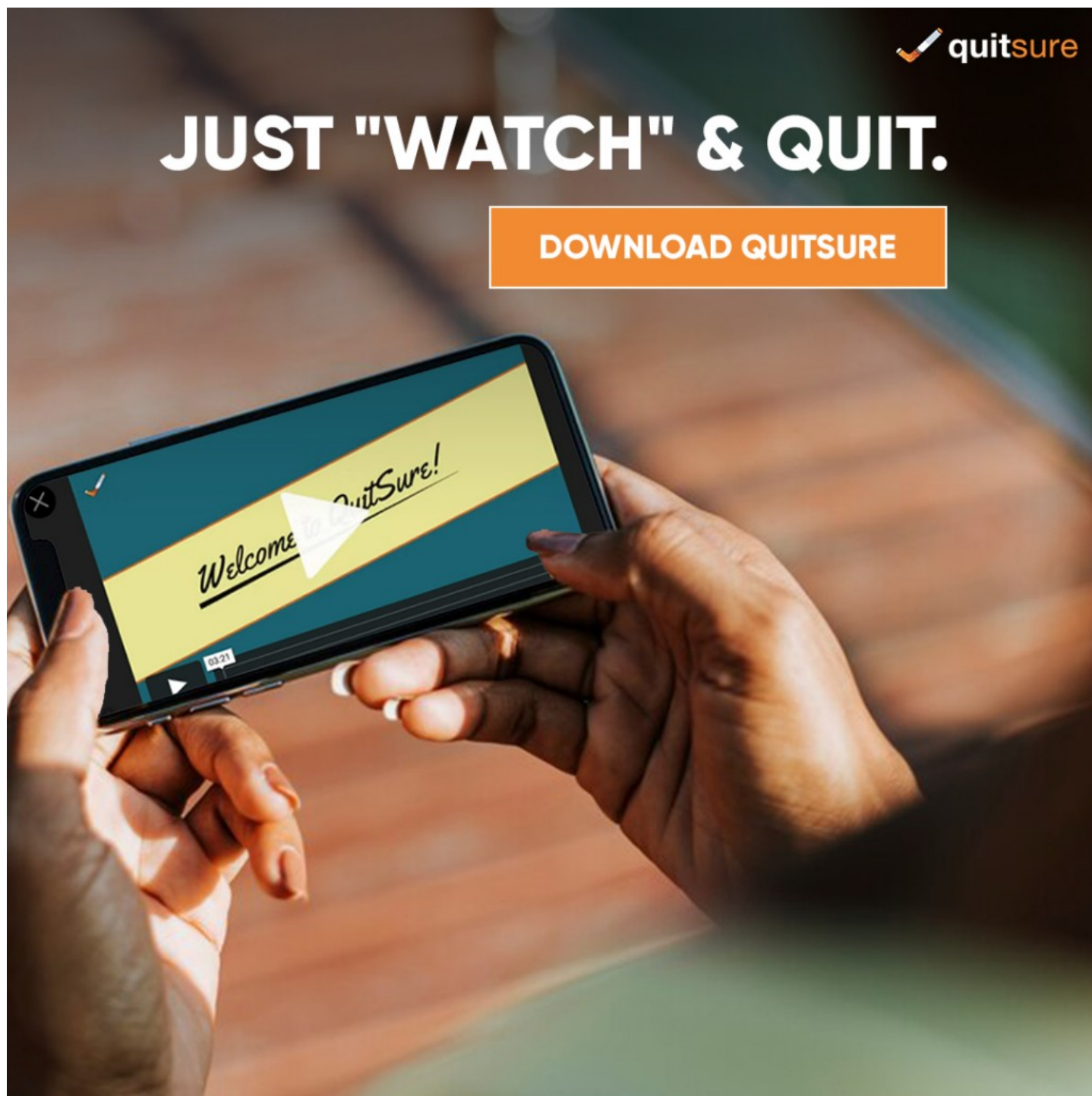


QuitSure launches its video program



New York City, New York May 27, 2022 (Issuewire.com) - QuitSure launches its video program

Are you also stuck up in the “I wanna quit but don’t know how” stage? Or have you tried to quit smoking in the past but didn’t succeed?

The gross scenario around cigarette smoking is known to all. Smoking affects approximately one billion people. But [fewer than 3%](#) of smokers who quit on their own, succeed in becoming permanent ex-smokers. Many smokers find it extremely difficult to quit.

Well, fret not. We are here to help. Joining a quit-smoking program can help you quit smoking for good. A program allows you to set expectations, secure the necessary support, prepare for cravings, identify and practice coping skills, and stay motivated.

[QuitSure](#), a leading digital smoking cessation app is one such program that has proven to be a trailblazer in quitting smoking. The app claims to have a higher success rate than nicotine gums, patches, and prescription drugs based on a global survey amongst its users from 75+ countries.

QuitSure Launches Its Video Program!

The good news is that, ahead of World No Tobacco Day, [QuitSure](#) has announced the launch of the "QuitSure Video Program" to make it easier to follow the program. QuitSure was launched in Dec'2020 as a text-based program and witnessed a 95% success rate (based on 4000+ user reviews) amongst those who completed the program. It has more than 500,000 downloads on Android and IOS, and on a monthly basis, it is the world's most downloaded quit-smoking app.

It's a 6-day program that is developed by Stanford University alumna and it seems to have a very high success rate (based on 4000+ user reviews). The app uses scientific principles like Cognitive Behavioural Therapy (which has a proven [success rate of over 40%](#)) and provides daily videos, thinking exercises, and mindfulness techniques. It positively brainwashes your mind to dislike smoking, by using positive psychology, rather than fear. This leads to long-lasting results. Since the app works by removing your cravings rather than asking you to implement self-control or willpower, anyone can follow it. It also offers guidance from expert coaches and has an active community of over 13,000 people to keep the motivation levels high. If you are not in the mindset to quit today, that is also not a problem! In fact, the app says "Continue smoking during the program. Quit when ready." That summarizes its unique approach.

The users are loving the approach.

Here is an example "When I started this program, I was scared, confused (why would this app help me). There is a voice in our head that always tells us, "you don't have to quit smoking" Quit sure helped me to change that voice. On 3rd day of my quitting- I have not felt any craving at all. The past memories of smoking are there but they are harmless now. I have never felt so free. I know it's a long journey, but I couldn't wait to review this app. Never felt so confident and excited in my quit smoking journey!"

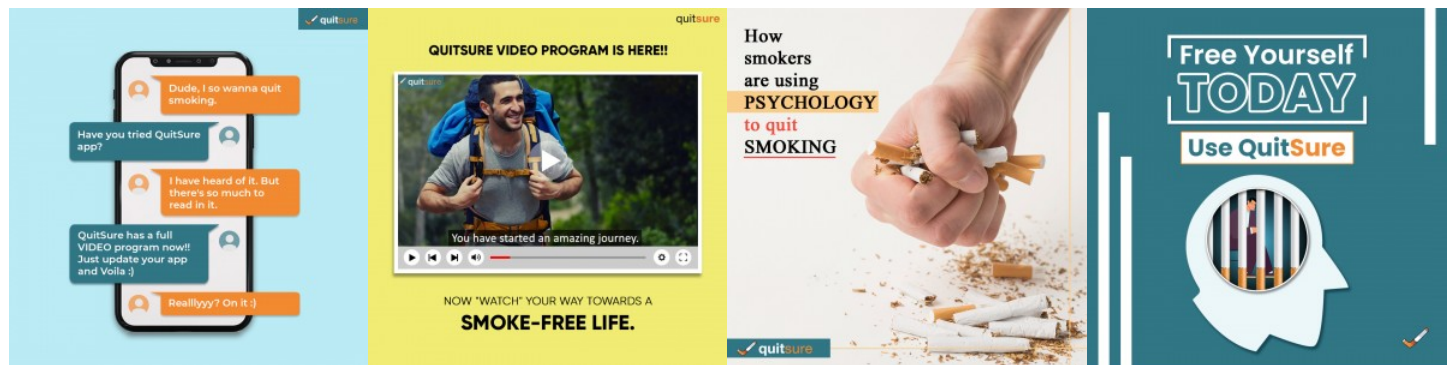
Another user Dorra feels "I decided to wait a bit to make sure that this program works before rating it.

Well, it's been almost 3 months since day 6 and my last cigarette and I've never been more thankful. This app made quitting way easier because not only is the program smart and targets the right addiction points, it keeps helping you in the first week or two after quitting when the urges start kicking. This program is a win-win: it is very informative and fun! + It makes you quit the addictive poison."

Isn't it time to try something new?

[QuitSure App link](#)

[QuitSure Website link](#)



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