

Is QuitSure the Most Effective Quit Smoking App?



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Mumbai, Maharashtra Nov 21, 2022 ([Issuewire.com](https://www.issuewire.com)) - If you are like many smokers and other tobacco users, you know it's time to quit but don't know how. Or you may have tried to quit smoking in the past but gave up.

There are very few effective [Smoking Cessation Programs](#) that 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 is one such program that has proven to be a trailblazer in smoking cessation! It is the best quit-smoking app with a 95 percent success rate among its users, with thousands of people completing the program successfully and many more joining!

A 6-day app-based personalized program, QuitSure simplifies the process of quitting smoking by raising positive consciousness in the mind of the user on the principles of psychology and behavioral sciences rather than a guilt-inducing approach.

How QuitSure works:

- Trains smoker's minds by using positive psychology, not fear
- Provides a support network and tools to manage the triggers
- Educates you about the reasons behind your triggers and cravings
- Uses behavioral science to remove your smoking addiction
- Asks you to continue smoking during the program and quit when you are ready

With a success rate of 95% (based on 4000+ app reviews) in 75+ countries, what makes QuitSure the [Best Quit Smoking App](#) out there, unique and effective, is that it uproots the desire to smoke; By reading and listening to the daily sessions and practicing the mental exercises given at the end of each day. These exercises influence the way you feel about smoking, navigating you toward a smoke-free life. You can always talk to the coach assigned to you or our bustling community of 16k+ members who are willing to help you towards a nicotine-free life. QuitSure targets the mind and habits, helping a user let go of their cravings.

Why does QuitSure work?

- Conditions and trains a smoker's brain to dislike smoking
- Removes the mental dependence on smoking
- Rewires smoker's brains and changes their thoughts about smoking
- Doesn't require self-control or willpower.
- Simple to follow. No lifestyle changes are required
- Puts smokers in the right mindset and makes them happy about quitting

Once you go through this program and stop smoking, you will no longer have the desire to smoke even when you look at it! The body is fully oxygenated, energy levels are high, senses of flavor and smell have improved and you have better efficiency.

Here is what one of QuitSure's users has to say -

"The program is well designed and the content is well researched which makes you feel good about giving up the smoking habit (no matter how old it is). The program also handles the craving part

successfully. I would not have been able to quit smoking so easily without this app (program). I would recommend it to anyone who wants to quit smoking.” - Sherry.

So choose this life for yourself! You are worth the effort. Download the QuitSure app today and sign up for one of the most sought-after smoking cessation programs! A smoke-free life awaits you!



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