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Subject: Re: Smoking and Anxiety

Posted by [drake](#) on Mon, 16 Jan 2017 13:41:16 GMT

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It might be true that smoking calms people's nerves but is this ever a long-term solution? I get anxious at times, but even though I have smoked before, I never looked at it as a cure for my anxiety. It was more of being experimental but I never got addicted.

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