

赖世雄中级美国英语Lesson121 PDF转换可能丢失图片或格式
，建议阅读原文

https://www.100test.com/kao_ti2020/133/2021_2022__E8_B5_96_E4_B8_96_E9_9B_84_E4_c96_133352.htm 121 Kick the Habit

There are millions of people all over the world who smoke. Most of these smokers have tried to quit smoking at least once in their lives , but in vain. Make no mistake ; smoking is addictive. And once you are addicted , it ' s very difficult to stop smoking. Many people have tried many different ways to kick the habit. None of them is easy.

Take a tip from me. I smoked for twenty-five years. Then one day , I decided to quit cold turkey after trying everything else. It worked.

That was two years ago and I haven ' s smoked a single cigarette since then. Good luck ! 100Test 下载频道开通 , 各类考试题目

直接下载。详细请访问 www.100test.com