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# What Does Archeology Mean

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by Ayşegül Karadeniz Quitting Smoking: A Cognitive Behavioral

Therapy Session John asked for our help for quitting smoking, and it has been a few sessions that we have been working together with him on this issue. In this session, we try to understand his need and desire to smoke when he is bored, and he is feeling uncomfortable.

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Within 2 to 12 weeks of stopping smoking, your blood circulation improves. This makes all physical activity, including walking and running, much easier. You'll also give a boost to your immune system, making it easier to fight off colds and flu. The increase in oxygen in the body can also reduce tiredness and the likelihood of headaches.

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