

Download How To Quit Smoking Marijuana

Despite controversies regarding marijuana's recreational and medicinal uses, the drug remains incredibly popular. It is abundantly represented in popular culture, and many state and local governments have rolled back criminalization laws on the sale and use of the drug. [This Is Why Giving Up on Weed After Years of Smoking Can Feel So Miserable](#). A renowned neuroscientist explains the unique challenges of quitting marijuana for good. As you probably know, there are many different ways to quit smoking. Some work better than others. The best plan is the one you can stick with. Consider which of these might work for you: 1. Cold ... Quitting smoking cold turkey is a challenge that requires significant commitment and perseverance. If you want to quit smoking on your own, then you have to stay mentally strong, keep busy and active, and react appropriately to any relapses.