

Smoking is one of the most common social problems nowadays. As a result, after smoking for a while, the smoker would suffer from breathing problems such as asthma, heart diseases, high blood pressure, sleeping difficulties, and find difficulty to practice any type of sport. This essay aims to highlight the main causes and effects of smoking. Moreover, some people smoke because they think a cigarette would relieve stress which is a false belief. Finally, many people start smoking during their early teens, due to peer pressure and acceptance. Achieving that means having a healthier society. It starts as a way of having fun but leads to an addiction. Today, we often hear of smoking among teenagers. Another important effect of smoking is that it causes a lot of anger for the smokers, especially when they lack cigarettes. Another effect is that smoking causes lung cancer which has no cure and often leads to serious health issues. To Sum up, smoking is dangerous. Schools, families and the community should work together to stop smoking among teenagers. There are many causes and effects behind the problem of smoking among people. To start with, most people start smoking because they just want to try then it becomes a bad habit!