

More self-aware people quit smoking easier

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CNN:

How your brain responds to anti-smoking messages may be useful in helping to kick the habit, a new study in the journal Nature Neuroscience reports.

“People who are more likely to potentially see the messages as relevant to them, they are more likely to quit,” said lead author Hannah Faye Chua of the University of Michigan, Ann Arbor. “They could feel like, ‘This is me, this is how I am right now, this is how I would like to change.’”

Read the whole story: [CNN](#)