

how to stop smoking pdf

ask your boss to ban smoking at your workplace. Until you quit, smoke outside so others do not have to breathe your secondhand smoke. Quitting and staying quit is the best thing you can do for yourself and those around you.

You can quit smoking.

1. Set a Quit Date. Choose a date within the next seven days when you will quit smoking. Tell your family members and friends who are most likely to support your efforts. 2. Choose a method for quitting. There are several ways to quit smoking. Some include:

- Stop smoking all at once on your Quit Day.

How Can I Quit Smoking? - heart.org

This costs more money plus you can lose count and end up smoking more cigarettes. • Think about when you tried to quit before. What worked and what did not? • Once you quit, do not smokeâ€”not even a puff! One cigarette can cause you to start smoking again. Line Up Support • Tell your family, friends, and coworkers that you are going to quit smoking.

Tips to Quit Smoking - Home | National Heart, Lung, and

• Are you ready to quit smoking today? Congratulations! This guide will help you prepare for your Quit Date and the days, weeks, and months after. The best time to quit is NOW. But regardless of where you are in your decision to quit, this guide will give you a great deal of information, and support, and strategies that have been

Inside Front Cover - Smokefree.gov

to the full, as his bestselling books Allen Carr's Easy Way to Stop Smoking, The Only Way to Stop Smoking Permanently, Allen Carr's Easyweigh to Lose Weight, How to Stop Your Child Smoking, and now The Easy Way to Enjoy Flying, vividly demonstrate.

Easy Way to Stop Smoking - Ynet

Thank you for posting this. I've been smoking for almost fifteen years. The last four have been basically a month off and a month of smoking over and over. I've heard this book mentioned on this sub many times and have been interested in finding out why. Thanks again.

Full PDF of Allen Carr's Easy Way to Stop Smoking

A smoking diary is a valuable tool when you are getting ready to quit smoking because it makes you think more about your tobacco use. It helps you identify situations that trigger your urges to smoke.

Quit Smoking Guide

Remember, tobacco addiction is both mental and physical. For most people, the best way to quit will be some combination of medicine, a method to change personal habits, and emotional support.

Quit Tobacco | How To Quit Smoking or Smokeless Tobacco

Reading Allen Carr's The Easy Way to Stop Smoking can be a positive experience if you're looking to end your relationship with tobacco. The book, written by a former chain-smoker, has sold 15 million copies in its 30 years on the market.

How to Quit Smoking by Using an Allen Carr Book: 14 Steps

Smoking causes immediate damage to your body, which can lead to long-term health problems. For every smoking-related death, at least 30 Americans live with a smoking-related illness. The only proven strategy to protect yourself from harm is to never smoke, and if you do smoke or use tobacco products, to quit.

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