

Title:

4 Tips For Smoking Cessation

Word Count:

358

Summary:

Tip 1: Rise above the cravings

Imagine the cigarettes as crutches. You've always had these crutches to lean on and soon, it b

Keywords:

stop smoking,quit smoking,addiction

Article Body:

Tip 1: Rise above the cravings

Imagine the cigarettes as crutches. You've always had these crutches to lean on and soon, it b

Tip 2: All the reasons to quit

Why do you want to quit? Do you have children? Do you want to live to see your grandchildren?

Tip 3: The good, the bad and the ugly

After you complete your lists of reasons you want to quit and how you'll feel after you've qui

Tip 4: Break time!

Most smokers agree: a cigarette is a break. When quitting, give yourself breaks, but do someth

Good luck!

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>