

Title:

A Little Known Fact When Quitting Smoking And How To Stay Quit

Word Count:

471

Summary:

Have you ever gotten yourself in a situation where you have quitted smoking for perhaps 1, 2 o

Keywords:

quit smoking, quit smoking support, quit smoking help, ways to quit smoking, quit smoking aids

Article Body:

Have you ever gotten yourself in a situation where you have quitted smoking for perhaps 1, 2 o

You find yourself picking up the cigarette and lighting it away again? I have to admit. I did.

I'm sure you would know that most of time, smokers use the excuse of ^releasing stress~ to sm

The problem: Many have associated cigarettes can actually release stress that it became the tr

So after awhile, when a person which is going through the process on quitting smoking is incap

The solution for this is, not only must you quit smoking, you must also:

Find The Alternatives For Relaxation And To Release Stress!

When you have established this simple concept, you are more capable of handling stress from ot

Among the ways of alternatives for relaxation and releasing stress are:

- Exercise

Somehow people get turn off this word alone. By nature, did you know that our human body needs

- Meditation

Meditation techniques such as Tai Chi and Yoga has been proven for hundreds of years to have p

- Take A Hot Bath

Pamper yourself by taking a hot bath with light music at the background at dim lights.

- Reading

A good way to ^escape from reality~ for a moment and to entertain yourself.

- Listen To Comedies

Have you not known by now that laughter is the best medicine?

- Massage And Spa

Splendid way of relaxing and releasing decades of stress accumulated.

I'm sure you get the picture by now. Whatever it is, make sure you have an alternative to rela

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