

Title:

6 Tips For Quitting Smoking

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Summary:

If you are currently a smoker, quitting the habit could be one of the most important things you

While many people try to quit and fail, it is not an impossible task. Thousands of people, just

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Article Body:

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While many people try to quit and fail, it is not an impossible task. Thousands of people, just

1. Make a vow that you are going to quit smoking from today onwards

Success in all spheres of life begins with firm determination. If you are wishy-washy you can

2. Exercise more and get your body in shape

If you sit idle there is more chance that you will light up your cigarette and relax. Fill your

3. Avoid places and pastimes that put you within reach of cigarettes

If going to a bar or pub means that you are going to have a drink and then light up, maybe it

4. If you have to put something in your mouth, drink water or eat healthy snacks

Whenever you get a desire to put a cigarette in your mouth, replace it with something that will

5. Get support from your friends and family

Tell them that you are giving up smoking for health reasons. Your true friends will support you

6. Strengthen your will power with yoga and meditation

Very few people are born with perfect will-power. Like anything else, practice makes perfect.

Follow these six tips and you will be well on your way to quitting smoking.

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