

Title:

Quit Smoking And Watch Your Social Life Soar

Word Count:

761

Summary:

You may not realize it, but smoking affects your social life as well as your physical well being.

When you quit smoking, you can also increase your confidence, meet new people, and join new activities.

Gain confidence.

Smokers become addicted to...

Keywords:

quit smoking, stop smoking

Article Body:

You may not realize it, but smoking affects your social life as well as your physical well being.

When you quit smoking, you can also increase your confidence, meet new people, and join new activities.

Gain confidence.

Smokers become addicted to the nicotine in cigarettes and tobacco. Cigarettes, cigars, and pipes.

When you successfully quit smoking, you overcome this physical and mental addiction. Overcoming it.

Meet others trying to quit.

Hopefully your family and friends will be supportive of your efforts to quit smoking. However, not everyone is.

The Center for Disease Control (CDC) offers phone counseling at 1-800-QUIT-NOW. WhyQuit offers online support.

Many forums are geared toward quitting with the aid of a specific medication. However, forums exist for people who want to quit without medication.

American Lung Association's Freedom from Smoking® offers modules to walk a quitter through the process of quitting.

The Quit Smoking Company's message boards are visually sparse, but offer visitors many opportunities for support.

Quit Smoking Support has been helping smokers quit for over nine years through peer-to-peer support.

To meet people in your local area and have a face-to-face discussion on quitting smoking, visit local quit groups.

Learn new activities.

Many experts recommend taking up new activities to fill up your time and keep you from thinking about smoking.

To keep their hands busy and away from cigarettes, some people take up hobbies like knitting, gardening, or painting.

Get out of the house.

When first quitting, smokers are often urged to spend a lot of time in public places where smoking is prohibited.

Make a point to meet friends and families for dinner at non-smoking restaurants that you may have discovered.

Enjoy your financial freedom.

A big part of quitting smoking is giving yourself rewards when you reach an important goal, wh
Tally up all of the money that you would be spending on cigarettes and think of ways to spend
When someone quits smoking, their physical, mental, and emotional well-being all improve drama

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