

Title:

Your Personal Plan To Quit Smoking In Just 30 Days

Word Count:

466

Summary:

The first 30 days as an ex-smoker are the hardest. You have a lot of hardship to cope with. If you look at a "plan of attack" to help you quit smoking in just 30 days. There are a few elements:

- \* a well devised plan (very necessary)
- \* a few aids (not necessary)
- \* a lot of motivation (very necessary)

Let's talk about each one of them:

The plan:

You need to plan exactly what yo...

Keywords:

stop smoking, quit smoking, quit smoking aid, quit smoking product, stop smoking laser, quit s

Article Body:

The first 30 days as an ex-smoker are the hardest. You have a lot of hardship to cope with. If you look at a "plan of attack" to help you quit smoking in just 30 days. There are a few elements:

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Let's talk about each one of them:

The plan:

You need to plan exactly what you schedule will be and what activities you plan on having during

You should also plan special time to exercise, do breathing exercises and sleep properly ( you

- \* Ask your friend and family to help you quit smoking. Ask them to watch over you and make sure
- \* Hang reminders at your computer, bathroom, kitchen etc. telling you that you are now an ex-s
- \* Throw away all Tobacco products. This seems obvious, but many smokers who try to quit still
- \* Try not to drink any alcohol during this month. That's because we don't want your will power

OK, so now that we have a plan, let's look at some other ingredients:

Stop smoking aids:

There are a few stop smoking aids that were proven effective. The medicine called Zyban is an

You will power and motivation:

An absolute must have. You won't make it without a true desire to quit smoking. You really must

That's it. Your complete battle-plan for your first 30 days as an ex-smoker. So now that you h

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