

# Top 50 Tips To Quit Smoking Easily And Faster



## Top 50 Tips To Quit Smoking Easily And Faster.: How To Quit Smoking Cigarette. by Michael Graubart

★★★★★ 5 out of 5

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Quitting smoking can be one of the most difficult things you ever do. But it's also one of the most important. If you're a smoker, quitting can improve your health in countless ways. You'll reduce your risk of cancer, heart disease, stroke, and other serious health problems. You'll also save money, improve your appearance, and boost your energy levels.

Of course, quitting smoking is easier said than done. Nicotine is a highly addictive drug, and it can be very difficult to break free from its grip. But with the right tips and strategies, you can quit smoking and improve your health for good.

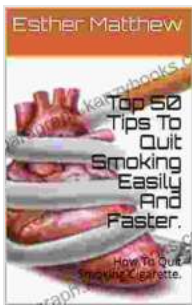
Here are 50 tips to help you quit smoking easily and faster:

1. **Set a quit date.** This is the day when you will stop smoking for good. Choose a date that is important to you, such as a birthday or anniversary. Having a specific goal in mind will help you stay motivated.
2. **Tell your friends and family that you're quitting.** This will give you a support system and help you stay accountable.
3. **Get rid of all of your cigarettes.** This means throwing away all of your packs, lighters, and ashtrays. If you have any cigarettes left, give them to a friend or family member who smokes.
4. **Avoid places where you're likely to smoke.** This includes bars, clubs, and other places where smoking is allowed. If you can't avoid these places, try to stay away from the areas where people are smoking.
5. **Find a distraction.** When you feel the urge to smoke, do something else that you enjoy, such as reading, exercising, or spending time with friends.
6. **Reward yourself.** When you reach a milestone, such as one week or one month smoke-free, reward yourself with something you enjoy, such as a new book, a massage, or a night out with friends.
7. **Don't give up.** Quitting smoking can be difficult, but it's important to remember that you can do it. If you slip up, don't get discouraged. Just pick yourself up and start again.

In addition to these tips, there are a number of resources available to help you quit smoking. These include:

- The National Cancer Institute's SmokefreeTXT program provides free text message support to help you quit smoking.
- The Centers for Disease Control and Prevention's SmokefreeTXT program provides free text message support to help you quit smoking.
- The National Jewish Health's Fresh Start program provides free online support and resources to help you quit smoking.
- Your doctor can also provide you with support and resources to help you quit smoking.

Quitting smoking is one of the best things you can do for your health. With the right tips and strategies, you can quit smoking easily and faster. So what are you waiting for? Set a quit date today and start your journey to a smoke-free life.



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