



# Quit Smoking:

## *A 5-Step Approach*

1

### WHY

It helps to know the benefits of quitting and why you need to quit.

2

### DECIDE

Make the decision, and take steps to quit smoking.

3

### GET HELP

Getting help from your healthcare provider will increase your chances of being successful.

4

### PLAN

Your first day may be difficult. Create a plan to stay on track.

5

### MANAGE

Manage difficult situations and avoid relapses.



# Stop Smoking Reach Your Goal Action System

**Clemens Wendtner**



**Stop Smoking Reach Your Goal Action System:**

Discover tales of courage and bravery in is empowering ebook, Stories of Fearlessness: **Stop Smoking Reach Your Goal Action System** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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