

DOWNLOAD HOW TO QUIT YOUR DAY JOB AND BE A FULL TIME COMEDIAN A WORKBOOK FOR THE BUSINESS OF COMEDY

how to quit your pdf

Most people start their quit by filling out the worksheet, Track your smoking. Quit Coaches often suggest that people fill out this worksheet for two or three days. This will help you better understand when, where and why you smoke. Your Quit Coach is trained in helping smokers quit and stay quit. You and your Quit Coach will work together as a team.

You can quit smoking.

Quitting isn't easy, it will take work. It is important to remember that quitting alcohol is not easy; it is a day to day journey that will require you to put your all into it.

10 Tips to Help you Quit Alcohol

Make a pledge to yourself, your family, and your community. Quit If You Smoke I will set a quit date today. (The important thing is for you. to pick the date" not your doctor, not your family, not your kids. It is your decision.) My quit date is _____ (date). Help your children stay smoke-free. I will talk to my children about why smoking is bad.

Tips to Quit Smoking - Home | National Heart, Lung, and

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