

4 tips to quit smoking



Know it or not?
Cigarette smoke contains
more than **50** carcinogens

GENERALI
Wellness



Behaviour therapy

Change a habit. Avoid any emotion that will trigger smoking desire. Seek motivations to quit smoking.



Abrupt cessation

Stop smoking abruptly. Set the date when smoking stops and get rid of all cigarettes nearby.



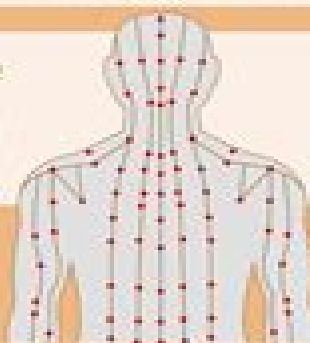
Cessation drugs

Use nicotine substitutes available in various forms including nicotine chewing gums and nicotine patches.



Acupuncture

It reduces smoking desire and anxiety.



Source : Doctor Pratan Vathesatogkit,
a pulmonologist at the Pulmonary (Lung)
Center of Bumrungrad International Hospital



GENERALI ผู้นำด้านประกันกลุ่ม มาตรฐานระดับโลก

Quitting In Time How To Stop Smoking On Your Own

SA Adler



Quitting In Time How To Stop Smoking On Your Own:

The book delves into Quitting In Time How To Stop Smoking On Your Own. Quitting In Time How To Stop Smoking On Your Own is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Quitting In Time How To Stop Smoking On Your Own, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Quitting In Time How To Stop Smoking On Your Own
 - Chapter 2: Essential Elements of Quitting In Time How To Stop Smoking On Your Own
 - Chapter 3: Quitting In Time How To Stop Smoking On Your Own in Everyday Life
 - Chapter 4: Quitting In Time How To Stop Smoking On Your Own in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Quitting In Time How To Stop Smoking On Your Own. This chapter will explore what Quitting In Time How To Stop Smoking On Your Own is, why Quitting In Time How To Stop Smoking On Your Own is vital, and how to effectively learn about Quitting In Time How To Stop Smoking On Your Own.
 3. In chapter 2, this book will delve into the foundational concepts of Quitting In Time How To Stop Smoking On Your Own. This chapter will elucidate the essential principles that must be understood to grasp Quitting In Time How To Stop Smoking On Your Own in its entirety.
 4. In chapter 3, the author will examine the practical applications of Quitting In Time How To Stop Smoking On Your Own in daily life. This chapter will showcase real-world examples of how Quitting In Time How To Stop Smoking On Your Own can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Quitting In Time How To Stop Smoking On Your Own in specific contexts. This chapter will explore how Quitting In Time How To Stop Smoking On Your Own is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Quitting In Time How To Stop Smoking On Your Own. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Quitting In Time How To Stop Smoking On Your Own.

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