

## HOW DO YOU STOP SMOKING%0A

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[101 Things to Do Instead of Smoking - Verywell Mind](#)  
There are countless things you can do to get through the first stages of withdrawal. From chores around the house to exercise, or even taking up a new hobby, the key is to find the distractions that work for you.

[Quitting Smoking: What Happens When You Quit Smoking](#)

You can do more because your lungs are stronger and clearer, and your blood flow has improved. You can exercise without getting as winded. And your risk of a heart attack goes down even more.

[Five ways to quit smoking - Medical News Today](#)

Once you have decided to stop smoking, you are ready to set a quit date. Pick a day that is not too far in the future (so that you do not change your mind), but which gives you enough time to prepare.

[What happens after you quit smoking? A timeline](#)

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[How to Quit Smoking Naturally Even if You Love Cigarettes ...](#)

This article is for you if you want to grow to a non-smoker; not force yourself to become one. Because it will show you how to quit smoking naturally and easily so you can get back your health, wealth, and peace of mind.

[How to Quit Smoking - HelpGuide.org](#)

One of the best things you can do to help yourself quit is to identify the things that make you want to smoke, including specific situations, activities, feelings, and people. Keep a craving journal A craving journal can help you zero in on your patterns and triggers.

[Quit Smoking: 23 Ways to Stop Smoking for Good | Reader's ...](#)

As you're getting ready to quit smoking, stop buying cartons of cigarettes Irina Kozorog/Shutterstock Instead, only buy a pack at a time, and only carry two or three cigarettes with you at a

[What to Expect When Quitting Smoking | American Lung ...](#)

Quitting smoking is a journey, not a single event. Know what to expect along the way. You Need a Plan. Only 4 to 7 percent of smokers that try to quit "cold turkey" are successful in staying smokefree.

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