



# 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.



# Buttkickers 4step Program To Stop Smoking

**Christian Drosten**



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web résineux qui contiennent généralement de la résine ou même de la cire et une sève laiteuse mais qui peuvent parfois

être nocives ou créer des réactions allergisantes 4 les feuilles des plantes de cette famille ont un système de feuillage sans

stipules les feuilles poussent de façon alternée