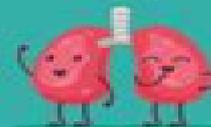


Trucos para dejar de fumar



Fija una fecha para fumar el último cigarrillo



Piensa en dejar de fumar como algo positivo

Haz deporte y mantente activo



No busques excusas para dejarlo



Bebe agua, ten una dieta equilibrada y duerme bien



Apóyate en amigos y familiares

Inicia actividades que mantengan ocupada tu mente



Busca objetos que sustituyan al cigarrillo



Como Dejar De Fumar

Chao Zhang



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