

Smoke Free For Life

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The Smoke Free for Life program is not a magic bullet, but it is a very potent method for assisting you to become a non-smoker and for helping you stay that way. Many of us have found quitting to be the easy part, staying quit is the hard part. Whether using Smoke Free online, with an IPod, or on an MP3 player, when the thought of picking a cigarette up again comes along, just resume listening to your favorite programs to prevent a relapse. Many people also know what it is like to "go five minutes at a time" in resisting cravings to smoke. The Smoke Free online program is great for such times because it gives you a very effective way to slide right on through those times. The only thing that is required is your desire to become smoke free. Programs are approximately 25 to 30 minutes each

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