



A Solution To The Number One New Year's Resolution: Quit Smoking

Due to the overwhelming demand in November for its free, online download of the Proven Stop Smoking Technique, Smoke Free Society has announced plans to continue offering it through the end of January.

For Immediate Release

PALM BEACH GARDENS, Fla./EWorldWire/Dec. 15, 2005 --- Due to the overwhelming demand in November for its free, online download of the "Proven Stop Smoking Technique," Smoke Free Society has announced plans to continue offering it through the end of January to help and encourage smokers to follow through with their New Year's resolution to quit for good this coming year while saving their life, their loved ones' health and their hard-earned money.

Millions of smokers are fed up with smoking and commit themselves to stop smoking at the start of each New Year. Unfortunately, most either don't follow through or fail to quit properly. These people relapse and pick up the habit again due to lack of preparation and proper support. Quitting smoking is a process and there is no "silver bullet" that can cure smoking overnight.

The good news is that thousands of smokers give up smoking each day by using modern cessation methods. Smoke Free Society offers plans and services that help smokers quit smoking in just 17 days without the use of any substance or drug. This self-help process is based on its three-step principle of preparation, quitting and support, helping smokers to correctly prepare and successfully quit.

"Today, we better understand and can address the smoker's psychological and emotional dependency and conditioning to smoking and nicotine," said Rez Seyedin, founder of Smoke Free Society.

"Over time, smokers become conditioned to smoke, triggered by their daily routines that feed their urge to light up. An effective way of quitting is to signal smokers when to smoke, disrupting their usual smoking pattern and gradually increasing the time between cigarettes. This helps break the association of lighting up with having a cup of coffee, finishing a meal. Preparation, education and support from professionals and family can further help smokers quit and stay quit."

In 2005, quitting smoking was the number one New Year's resolution in America. Tragically one out of four, or nearly 50 million, Americans still smoke and need help to quit. According to the Office of the U.S. Surgeon General, "Stopping smoking represents the single most important step that smokers can take to enhance the length and quality of their lives."

An immediate benefit of quitting is saving money. An average smoker spends over \$1,500 a year on their cigarettes alone, and that doesn't include all other related costs. A Duke University study puts the true cost of lifetime smoking at \$40 a pack - money that could be used to provide food, education, healthcare and fun activities for their family.

"The upcoming holidays and New Year are great times to give loved ones the gift of life, by providing them with the means to quit smoking for good. Download our free 'Proven Stop Smoking Technique' or use our other quit-smoking plans and services to show your loved ones you care and to encourage them to quit smoking," said Seyedin.

Smoke Free Society is a national, nonprofit organization dedicated to helping smokers quit and educating kids not to start. It is currently offering a free download of its "Proven Stop Smoking Technique" (a \$39.95 value) to anyone who wants to quit smoking or help a loved one quit. Its web site is a portal to an array of information on the adverse effects of smoking.

Smoke Free Society offers a variety of quit smoking seminars, plans and programs and its dedicated staff is ready to help anyone quit smoking before it's too late.

For more information, visit www.SmokeFreeSociety.org.

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