

Quit Smoking Done: Your Journal for a Smoke-Free Life

Quitting smoking is one of the most challenging things you can do, but it's also one of the most rewarding. If you're ready to quit, this journal is here to help you every step of the way.



Quit Smoking... I'm Done. The Journal for your Journey's Path by Sarah Freeman

★★★★☆ 4.1 out of 5

Language	: English
File size	: 3766 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 94 pages
Lending	: Enabled



This journal is more than just a place to track your progress. It's a tool that will help you stay motivated, overcome the challenges of quitting, and create a smoke-free life that you love.

What's inside?

- Daily prompts to help you reflect on your journey and stay motivated
- Affirmations to help you change your mindset and believe in yourself
- Exercises to help you overcome the challenges of quitting

- A place to track your progress and celebrate your successes

How to use this journal

This journal is designed to be used daily. Each day, take a few minutes to complete the prompts and exercises. Be honest with yourself and write whatever comes to mind. The more you put into this journal, the more you will get out of it.

Here are a few tips for using this journal:

- Be consistent. Try to complete the prompts and exercises every day, even if you don't feel like it.
- Be honest. Don't sugarcoat your experiences or try to make yourself look good. The more honest you are, the more helpful this journal will be.
- Be patient. Quitting smoking takes time and effort. Don't get discouraged if you have setbacks along the way. Just keep going and you will eventually reach your goal.

Testimonials

"This journal was a lifesaver when I was quitting smoking. It helped me stay motivated and on track, and it gave me a place to vent my frustrations and celebrate my successes." - Sarah

"I'm so grateful for this journal. It helped me quit smoking after 10 years of trying. I highly recommend it to anyone who is trying to quit." - John

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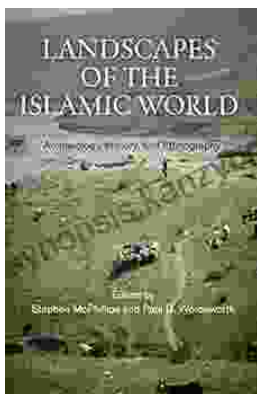
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