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Try one of these 20+ ways to stop smoking and start your path towards a healthier, smoke-free life. 10 self-help tips to stop smoking - NHS.UK 13 Best Quit-Smoking Tips Ever With Pictures - WebMD Its never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease, and other smoking cessation - Wikipedia 2. Stay Busy. Exercise. Get out of the house for a walk. Chew gum or hard candy. Keep your hands busy with a pen or toothpick, or play a game in the QuitGuide app. Drink lots of water. Relax with deep breathing. Go to a movie. Spend time with non-smoking friends and family. The Best Quit Smoking Guide for 2018 by Vaping Daily There are a lot of reasons to quit smoking. Its expensive, it makes your hair and clothes reek, and, honestly, its just so 90s. But the biggest reason to butt out? Money Helped People Quit Smoking More Than Other Stop. 13 Mar 2018. 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