



Wellness Alert III

To Stop Smoking You Need Every Crutch You Can Get

To breaking the habit you need help. In a moment of crisis this can help you cope.



I gave up smoking 45 years ago. I simply quit. My wife gave it up 25 years ago after acupuncture. No matter how you go about giving it up, there will always be that crisis moment where you “gotta have a cigarette.” When that craving comes you need all the strength you can muster. You need to put mind over matter. Learning how to meditate and how to relax can help you during a craving. It clear’s your mind, focuses your inner strength and helps you past the crisis.

The tool teaches a person how to mentally relax. How, through guided meditation, to get past the crisis of the moment. Beyond the learning session are 10 - five minute coping breaks. In those five minutes a person can regain control and continue on their path to good health by giving up smoking. This is only an aid in the process. This content can be loaded onto a mobile device, onto a phone, iPad or computer and be available where and when it is need.

JDS
Publisher

Guided mediation and music for relaxation are combined to provided help during a craving episode.

	50	100	250	500	1000	
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Set up for imprint on cover & CD face \$50						

Allocate your wellness budget to tools that can help your employees, your patients, your patrons etc. reach their goals. A serious promtoinal product for serious programs



Does Smoking Cause Heart Disease?.... YUP!
Cigarette smoking speeds up the process of atherosclerosis by damaging the cells lining the blood vessels and heart. Smoking can also increase your risk of dangerous blood clots, both because of the atherosclerosis and because smoking causes blood platelets to clump together.