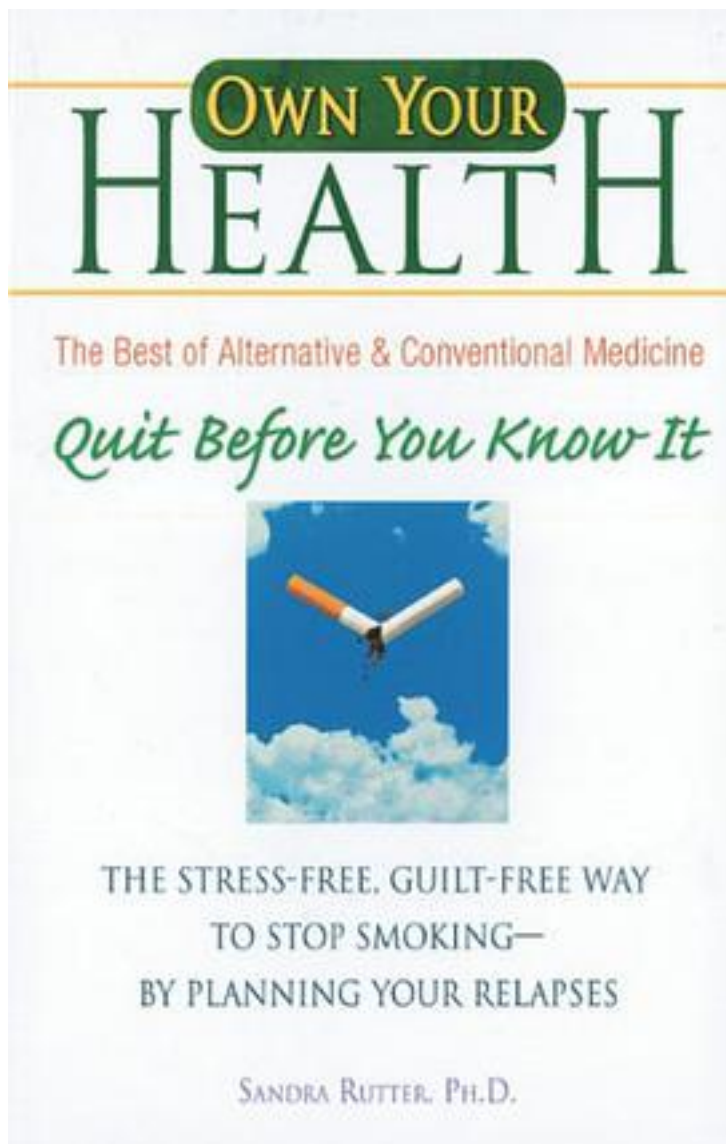


Own Your Own Health, Quit Before You Know it



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A unique and flexible method to stop smoking by planning your relapses so you don't feel like a failure when you do relapse. Smokers often quit hundreds of times before they're finally successful. Each time they quit, smokers know from past attempts that, even if they haven't had a cigarette in a long time, they could be caught off guard at any moment. Quitting smoking causes a tremendous amount of stress, and stress is a reason for smoking. To counter this conundrum, Dr. Sandra Rutter has developed a plan to eliminate the stress related to failure. Dr. Rutter offers smokers several approaches to planning relapses until abstinence is achievable. Not only does the process of quitting become less stressful, it becomes a source of encouragement.

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