

Want to give up smoking? Here are five ways to do just that

By [Rod Baker](#)

2 Jan 2014

NEWSWATCH: So you want to give up smoking? Let's face it, it's easy, you've done it so many times before. Anyway, here are five ways that might just help you succeed ... this time.



(Image: Kelly Hau from New York, via Wikimedia Commons)

For more:

- BBC: [Five ways to help give up smoking...](#) The new year is traditionally a time when many people aim to ditch their cigarettes once and for all and make a fresh start as the calendar flips into January.

One of the perennial favourites is: "I must lose weight" and the other is "I must give up smoking."

Well, here's your chance to get the latter right... if you stick to the tips.

ABOUT ROD BAKER

Content Director at [Bizcommunity.com](#)

» Want to give up smoking? Here are five ways to do just that - 2 Jan 2014

[View my profile and articles...](#)

For more, visit: <https://www.bizcommunity.com>