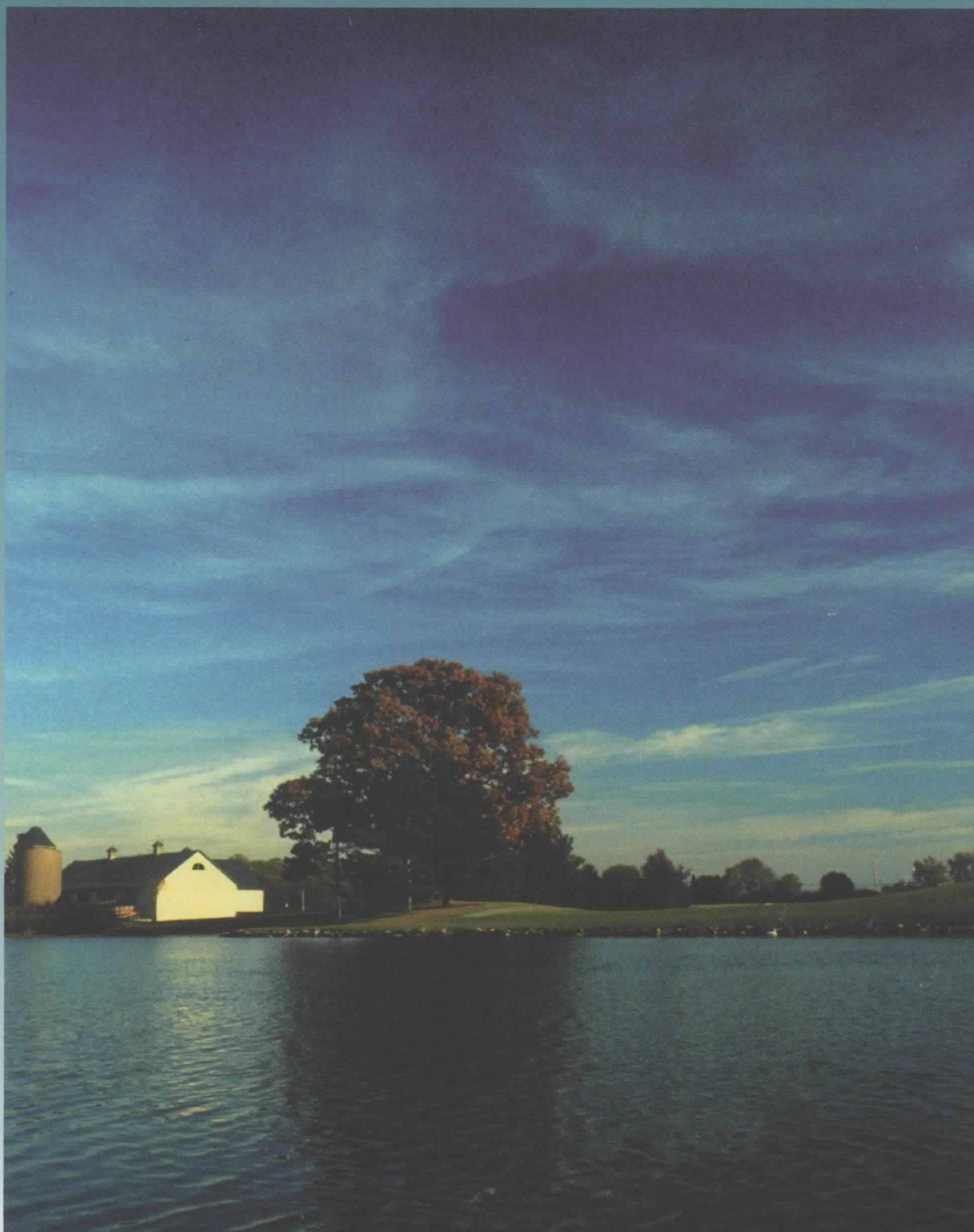


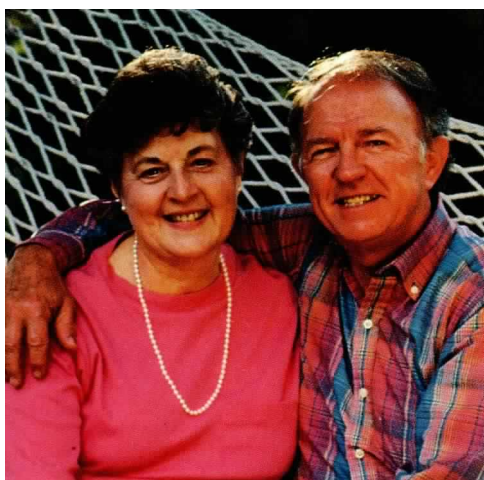


# CLEAR HORIZONS



# A Quit Smoking Guide...

## *Especially for Those 50 and Over*



Quitting smoking doesn't just happen. You go through different steps when you quit. It might start with thinking that you'll quit "someday."

*Clear Horizons* has something for everyone. The fact that you're reading this guide proves that you're on the way.

## Making the Decision

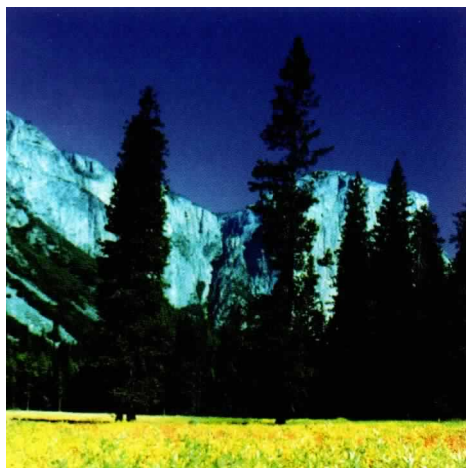
These articles help you think about smoking and quitting. This section answers the question "Is it ever too late to quit?" You'll read about the many benefits for smokers fifty and over who quit. You'll learn how to get over nicotine addiction and other road blocks to quitting.

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## Getting Ready

Once you're ready to quit smoking, this section helps you map out a quit plan and a quit date. What you do in the weeks before you quit can help you stay a quitter. You'll choose the methods and timing that are best for you. You'll find out about ways to break down your nicotine addiction and smoking habit before you quit.

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## Your First Two Weeks Off Cigarettes

**This section helps you with the “active combat” stage - the hardest part of quitting. You’ll find out what to expect and how to prevent and control smoking urges. And you’ll learn how friends and family can help, not hinder.**

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## Going The Distance

**Articles in this section help you build your confidence and skill as a nonsmoker. You’ll also learn how other quitters have stayed on track, even after a slip or setback. You’ll find tips that will make your new life without smoking not just healthier, but more fun!**

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