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Mayo Clinic Minute: New Smoking cessation study If you're using the American Cancer Society's Great American Smokeout as part of an effort to **quit smoking**, plan to join Drs. J.

What Happens When You Stop Smoking? How fast does the body recover?

"Dear Lazy People" video: <https://youtu.be/ygVMYoOV-Vw>

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Mayo Clinic Minute: Quitting smoking can add years, quality of life As resolutions go, **quitting smoking** could be the most important choice on a smoker's list. Smokers are more likely to develop ...

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Quitting smoking tips Leslie Gibson, Occupational Therapist, OT Reg. (Ont.) offers tips for **quitting smoking**.

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5 Minute Therapy Tips - Episode 05: Smoking Cessation Let's talk about smoking cessation. There are many people who have come to me over my 40 years of practice who are interested ...

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