



## **Quit Smoking Plans That Help Smokers Quit Without The Use Of Any Substance Or Drug**

For Immediate Release

PALM BEACH GARDENS, Fla./EWorldWire/Aug. 10, 2005 --- As the nation is saddened by the sudden death of Peter Jennings by lung cancer caused by smoking and the disclosure of Dana Reeve's lung cancer diagnosis, Smoke Free Society, a nonprofit organization dedicated to helping smokers quit and educating kids not to start, wants to bring more attention to its smoking cessation plans and solutions that help smokers quit without the use of any substance or drug.

"90 percent of lung cancer deaths are caused by smoking today. And with nearly 14,000 loved ones killed by tobacco use and smoking each day, and 4,400 kids starting to smoke every day, we must all work together to keep our children safe from tobacco use and secondhand smoke and help those loved ones who want to quit their deadly addiction - because we care," said Rez Seyedin, founder of Smoke Free Society.

Smoke Free Society offers its effective, three-step quitting plans which include preparation, quitting and support that effectively help smokers quit and stay quit. The proven technique helps smokers wean themselves off of their cigarettes in just 17 days without the use of any substance or drug. Its "Buddy System" pairs up a smoker with a loved one to help provide the support and encouragement they need to overcome their habit.

The Smoke Free Society website is a portal to information that also helps educate parents to lead by example and not smoke and learn how to better communicate with their kids about smoking and tobacco use.

For more information, visit [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org)

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