



## Free Help For Smokers To Quit Smoking

For Immediate Release

PALM BECH GARDENS, Fla./EWorldWire/Sep. 7, 2005 --- Smoke Free Society, a nonprofit organization solely dedicated to helping smokers quit and educating kids not to start, has made its "Proven Stop Smoking Technique" available online for free download for those smokers who want to quit smoking while bringing more awareness to the hazards of smoking and its toll on our loved ones' lives. This National Grandparents' Day, help grandparents and loved ones quit smoking for good.

This 56-page self-help and effective technique helps smokers wean themselves off of their cigarettes in just 17 days without the use of any substance or drug. The booklet contains helpful information and many useful tips on what to do before, during and after quitting and stay smoke-free for life. It explains the cost of smoking and its toll on smokers' lives and their loved ones around them. The technique was developed by Smoke Free Society's founder who used it to quit his own 20-year smoking habit.

"This National Grandparents' Day, September 11, I urge everyone to get involved and help their grandparents quit smoking to live longer and healthier lives. We are making our core quit smoking technique available online for free download, to those who are interested in quitting or want to help a loved one quit," said Rez Seyedin, founder of Smoke Free Society. "If we care and want a healthier future, we must all work together to help our friends and loved ones quit smoking. Because, when someone quits smoking they not only improve their own life, their secondhand smoke no longer harms and kills their loved ones around them," continued Seyedin.

Tragically, one out of four Americans smokes. That means in a family of four, either the father or mother, or both, are smokers destroying their lives as well as their two children's lives and future. Sadly, an average smoker spends over \$1,800 a year on their cigarettes alone, and that doesn't include all other related costs. A Duke University study puts the true cost of lifetime smoking at \$40 a pack - money that could be used to provide food, education, healthcare and wellbeing for their family.

Smoke Free Society also offers many other effective quit smoking plans, tools and solutions that are based on its three-step principle: preparation, quitting and support.

To help grandparents, or a loved one quit smoking, grandchildren, family and friends are urged to visit [www.SmokeFreeSociety.org](http://www.SmokeFreeSociety.org) to take advantage of this free download.

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