

# QUELLE EST LA RAISON POUR LAQUELLE JE CESSE DE FUMER?



## AMÉLIORER MA SANTÉ PHYSIQUE

Dans les 24 heures suivant l'abandon du tabac, le risque de crise cardiaque commence à baisser. En quelques semaines, vous respirez plus facilement et vous tousserez moins. Après un an, le risque de maladie cardiovasculaire sera réduit de moitié par rapport à celui d'une personne qui fume. Après 10 à 15 ans, le risque d'avoir un cancer sera diminué environ de moitié.



## ÉCONOMISER DE L'ARGENT

En moyenne, les Canadiens et Canadiennes qui fument dépensent annuellement environ **3 600 \$** (avant taxes) en cigarettes. L'argent dépensé pour les cigarettes peut attendre des sommes importantes! Calculez exactement combien d'argent vous pouvez économiser grâce à notre outil de calcul des coûts. Numérez le code QR pour en savoir plus.



## AMÉLIORER MA QUALITÉ DE VIE

Retrouvez un meilleur sens du goût et de l'odorat, respirez plus profondément et gagnez plus en énergie. Vivez en meilleure santé dans les jours et les années à venir.



## PROTÉGER MES AMIS ET MA FAMILLE

Vous n'aurez pas à vous soucier d'exposer les gens autour de vous aux effets néfastes de la fumée secondaire.



## AIDER LA PLANÈTE

Entre 25 et 40 % des déchets mondiaux proviennent des déchets de produits du tabac. Cesser de fumer permet de réduire l'impact de la déforestation, de la contamination de l'eau et l'utilisation de pesticides.

**Vous avez toujours besoin d'une motivation pour cesser de fumer?**

Pensez à ce qui est important pour vous : votre santé? Votre famille? Prenez le temps de réfléchir aux raisons pour lesquelles vous voulez apporter ce changement.

Source : Santé Canada, 2018  
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Pour obtenir de plus amples renseignements ou pour parler à un spécialiste de l'abandon du tabac, contactez votre service local d'abandon du tabac à l'adresse suivante : [vivezsansfume.gc.ca/abandon](https://vivezsansfume.gc.ca/abandon) ou téléphonez sans frais au 1-866-527-7383.

# Je Cesse De Fumer Comme Ccedila

**FranÃ§ois Baud**



## **Je Cesse De Fumer Comme Ccedila:**

Je cesse de Fumer âcomme Ã§aâ François Baud, 2009-12-14 Gros gros gros fumeur Entre trois et quatre paquets de cigarettes par jour et cela pendant pratiquement quarante années J ai fume des trains entiers Je sais donc de quoi je parle J ai elabore cette methode de sevrage et je l ai mise en pratique un jour de printemps 1991 Depuis lors je n ai jamais retouche une cigarette Conseil d ami pour l instant vous etes libre d arreter ou pas N attendez pas d etre contraint de le faire cela ne sera que plus difficile J ai reussi comme ca vous le pouvez egalement Disponible en eBook PDF Also available in English

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Je Cesse De Fumer Comme Ccedila**

In some sort of inundated with screens and the cacophony of fast interaction, the profound power and mental resonance of verbal art often fade in to obscurity, eclipsed by the regular onslaught of noise and distractions. However, nestled within the musical pages of **Je Cesse De Fumer Comme Ccedila**, a charming function of literary beauty that pulses with organic thoughts, lies an unique trip waiting to be embarked upon. Published with a virtuoso wordsmith, this interesting opus courses readers on an emotional odyssey, delicately revealing the latent potential and profound impact stuck within the complicated web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central styles, dissect its interesting publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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