

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. Numérisez 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 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

The book delves into Je Cesse De Fumer Comme Ccedila. Je Cesse De Fumer Comme Ccedila is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Je Cesse De Fumer Comme Ccedila, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Je Cesse De Fumer Comme Ccedila
 - Chapter 2: Essential Elements of Je Cesse De Fumer Comme Ccedila
 - Chapter 3: Je Cesse De Fumer Comme Ccedila in Everyday Life
 - Chapter 4: Je Cesse De Fumer Comme Ccedila in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Je Cesse De Fumer Comme Ccedila. The first chapter will explore what Je Cesse De Fumer Comme Ccedila is, why Je Cesse De Fumer Comme Ccedila is vital, and how to effectively learn about Je Cesse De Fumer Comme Ccedila.
 3. In chapter 2, the author will delve into the foundational concepts of Je Cesse De Fumer Comme Ccedila. This chapter will elucidate the essential principles that need to be understood to grasp Je Cesse De Fumer Comme Ccedila in its entirety.
 4. In chapter 3, the author will examine the practical applications of Je Cesse De Fumer Comme Ccedila in daily life. The third chapter will showcase real-world examples of how Je Cesse De Fumer Comme Ccedila can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Je Cesse De Fumer Comme Ccedila in specific contexts. The fourth chapter will explore how Je Cesse De Fumer Comme Ccedila is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Je Cesse De Fumer Comme Ccedila. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Je Cesse De Fumer Comme Ccedila.

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