



STOPDICTION

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REASON

- Project
- Addiction
- Interest



CIGARETTES
ARE THE ONLY PRODUCT THAT
WHEN USED AS DIRECTED
WILL KILL YOU.



WHAT IS ADDICTION?

- Tobacco
- Alcohol
- Drugs
- Telephones

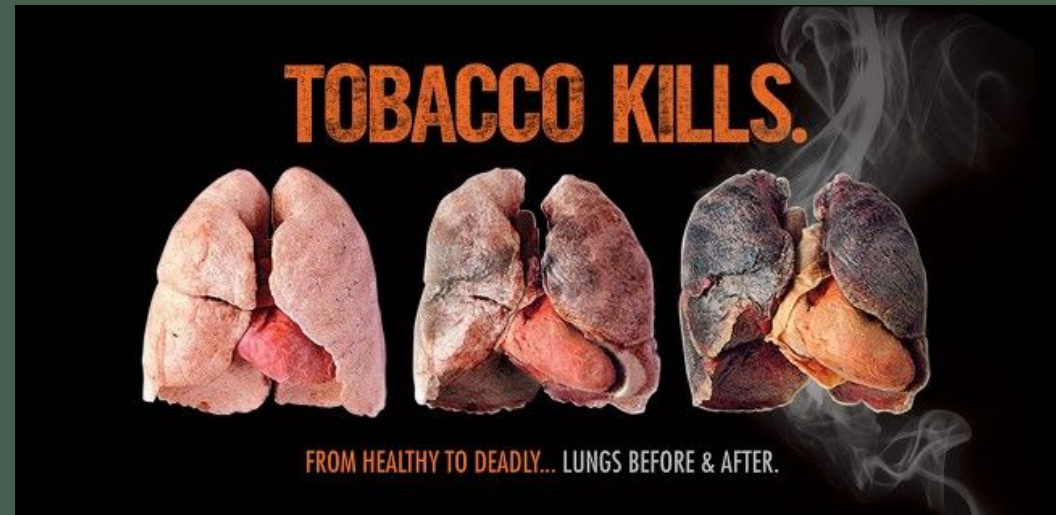


HOW TO STOP ADDICTION?

- Find your reason and accept your problem
- Make a plan
- Consider nicotine replacement therapy
- Lean on your loved ones, find some non addicted friends or the ones that are on the same recovery
- Give yourself a break
- Avoid alcohol and other triggers
- Clean house
- Do not give up
- Get moving

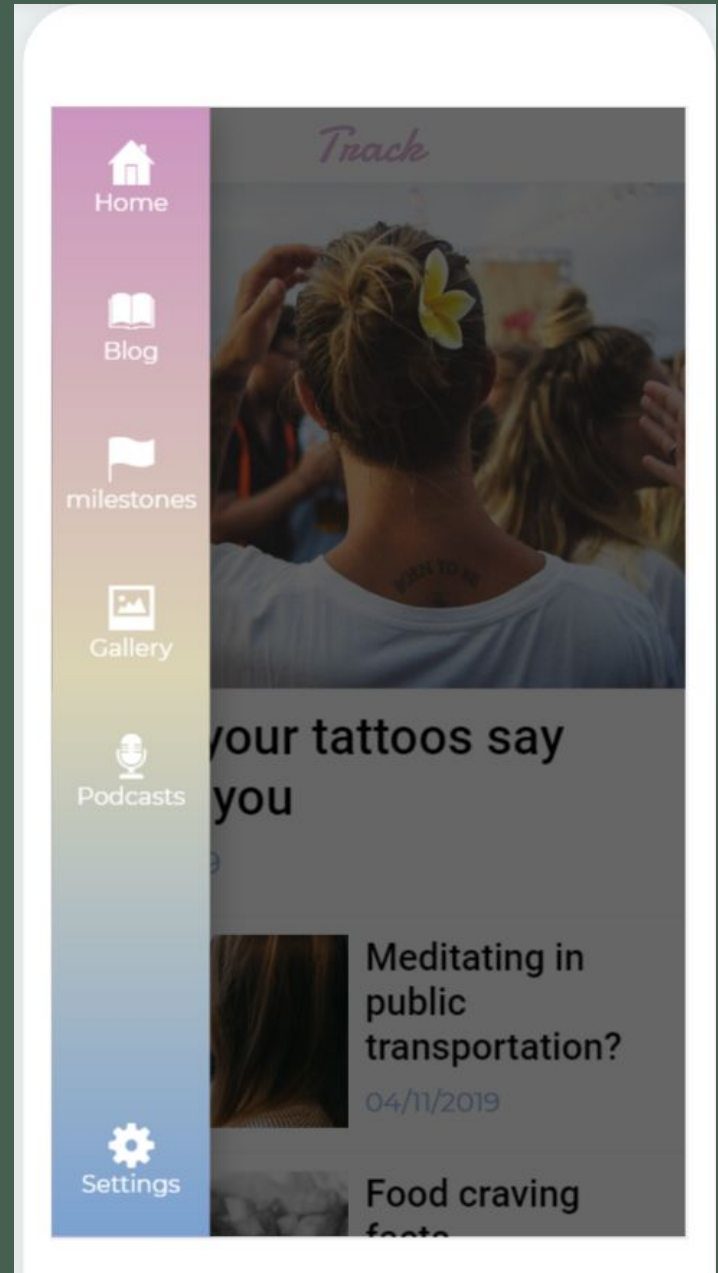
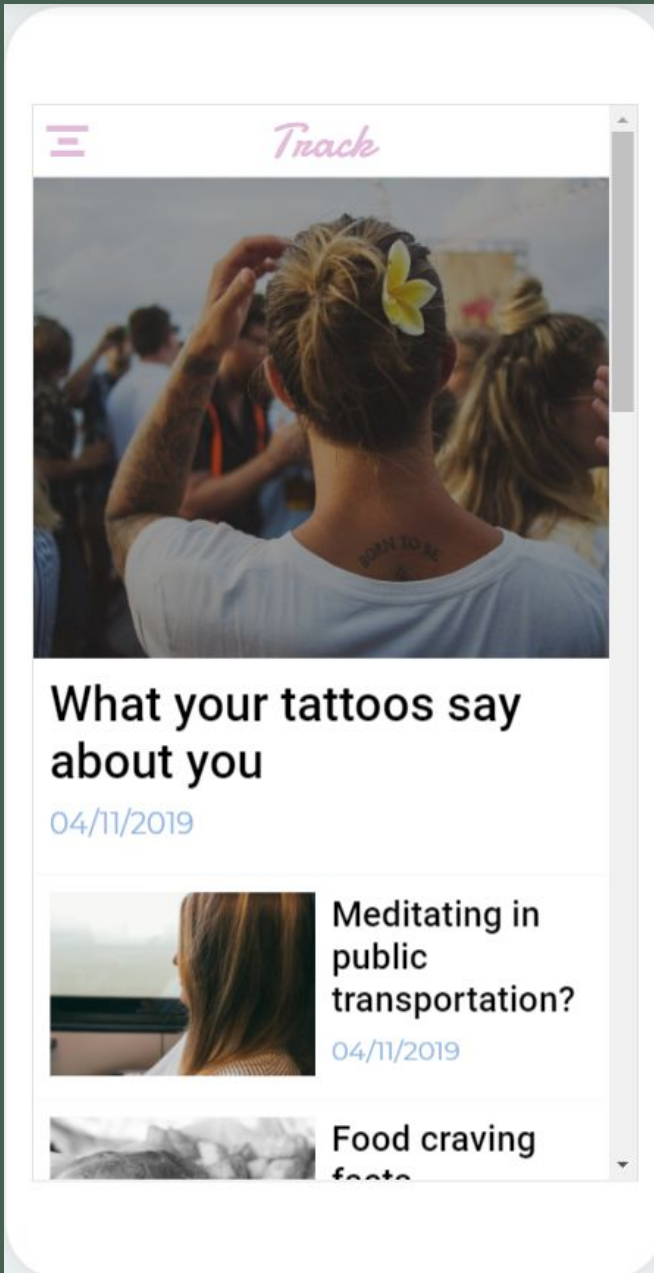
MOVIE

- Smoking
- <https://www.youtube.com/watch?v=SaeJUCVEp2s>
- Drinking
- <https://www.youtube.com/watch?v=V2Aj-iJ6p38>



APP

Feel free to ask
Questions



THANK YOU

- BEDANKT
- KIITOS
- GRACIAS
- HVALA

