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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Proper Technique for Quitting a Job

By William Nichols

After months of looking you've finally found the job of your dreams. The new company loves you and wants you to start work as soon as possible. The only problem is how to quit the job you have? Though you may have fantasized about telling your present boss to take this job and, well, you know how the song goes, there is a right way and a wrong way to quit a job—and just up and quitting in a bout of anger is definitely the wrong way.

The right method of quitting a job means formally resigning from your position. And even when you're excited about leaving and perhaps even desperately want to leave, it can still be hard to actually resign. But it must be done—and the sooner the better. You should resign immediately when you've accepted a position with another company. This is particularly important if you're going to work for a competitor because some companies have policies where this could cause what they consider a conflict of interest and they will want you to leave immediately after you've given them your notice.

When resigning from a position, you will want to give your employer a written letter of resignation. This letter does not have to be long or detailed, but should include the following:

- Salutation to specific manager of the department you're leaving or Human Resources manager
- Date of tendering your resignation
- Date you'll be exiting your position
- Brief explanation (i.e., I'm leaving to take a position that will offer more opportunity for advancement, to be a full-time mother, etc.)

Again, when writing your letter of resignation, there's no need for in-depth details or to give the name of the company you'll be going to work for. Also, don't give into the temptation to use your resignation letter to vent your anger and/or frustration. This could cause you career difficulties down the road. Make your resignation letter short and to the point, and keep it as positive as possible.

If you've had a good experience with your company and managers, don't be surprised if you receive a counter-offer. But you'd be wise not to take one. Staying with an employer that you've already made plans to leave rarely works out well. In fact, in most cases people end up leaving within a year after taking a counter-offer.

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Emotions run high when you quit a job, even a job you dislike, and it's always easier to stay with the devil you know rather than take a risk on the one you don't know. Still, whatever reasons you had for seeking employment elsewhere will not go away if you decide to stay, so make your decision to leave and don't give into pressure to stay, well-intentioned as it may be. The last thing you want to do is to have to endure resigning all over again!

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Quit Smoking Today

By Ratliff J

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Decide Right Now to Believe that You CAN Quit Smoking

Studies of smokers who successfully quit smoking show that one of the most important traits of a successful quitter is their belief that they have the ability to quit smoking.

Good Reasons for Quitting Smoking

Quitting smoking is one of the most important things you will ever do:

You will live longer and live better.

Quitting will lower your chance of having a heart attack, stroke, or cancer.

If you are pregnant, quitting smoking will improve your chances of having a healthy baby.

The people you live with, especially your children, will be healthier.

You will have extra money to spend on things other than cigarettes.

Five Keys for Quitting Smoking

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

Get ready.

Get support.

Learn new skills and behaviors.

Get medication and use it correctly.

Be prepared for relapse or difficult situations

Nicozan helps you stop smoking.

Not only will you stop smoking with Nicozan™, you will lose weight. We guarantee it. Even if you have failed before you will succeed with Nicozan™. If you are worried about weight gain, don't be.

Nicozan™ is specially formulated with one of the world's best known weight loss aids. Nicozan™ kills

the craving for nicotine, cleanses the poisons caused by smoking from your body and eases the symptoms of withdrawal. There is no product to help you quit smoking that is more effective than Nicozan™.

Learn more at

Quit Smoking

J. Ratliff is an avid health article writer for various websites.



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