

Thirty Days Later – 36% Have Abandoned Their New Years Resolution

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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!**

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**By Barbara Mascio**

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40 to 45% of American adults make one or more resolutions each year. Among the top new years resolutions are weight loss, exercise, and stopping to smoke.

The following shows how many of these resolutions are maintained as time goes on:

Maintained past the first week -75% Past 2 weeks -71%

After one month -64%

After 6 months - 46%

While a lot of people who make new years resolutions do break them, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

For smokers, one slip and the old internal negative language starts up again. Don't think about that one slip, think about how many times you chose not to smoke!

**Smoking Cessation**

Tobacco is an addiction, not just to tobacco but to the feel of the cigarette in your mouth, holding the cigarette in your fingers, the visual appeal of the flame and smoke, and even to the camaraderie of smoking buddies.

All these and many other behaviors serve to meet a psychological or emotional need. This helps to explain why it can be so difficult to break a smoking addiction. Ray Charles admitted to having been addicted to alcohol, heroin, and cigarettes but broke each of these unhealthy habits. Which habit did he consider the hardest to give up? Smoking.

Don't stop trying to quit! A complete program addressing both the physical and mental addiction to tobacco provides you with the tools and support to continue with your resolution.

A low-level laser treatment, which removes the physical cravings, along with the support of a licensed addiction counselor is now available in Ohio. The program even addresses weight gain. You can quit smoking without gaining weight and without the physical withdrawal symptoms! See

<http://www.seniorsapprove.com/stopsmokingnow> Or contact Advanced Laser Solutions in Garfield Hts Ohio at 216-663-7360.

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QCO conducted an independent survey of clients that have used the services at Advanced Laser Solutions. Contact Quality Care Options at 877–620–6448 to learn about the success rate of this treatment.

Here are some helpful hints for long–term success with your resolution:

Visualizing yourself smoke–free makes a self–fulfilling prophecy. A helpful book is 'The Power of Visualization', by Lee Pulos.

Realize that some people do not want you to quit because it emphasizes their behavior and puts pressure on them to quit. Avoid them temporarily.

Making positive statements to yourself is helpful. For instance, "I am enjoying being able to breathe better," "I am free of the desire to smoke," and "I am relaxed and calm."

Stress is a trigger to smoking. Learn new ways to deal with stress.

Smokers who embrace a regular exercise program have about twice the success rate of non–exercisers. The higher the level of activity, the higher the success rate.

The Ohio Quit Line (800) 934–4840) will offer you additional resources and assistance. See

<http://www.standohio.org>

Auld Lang Syne: Success predictors, change processes, and self–reported outcomes of New Year's resolvers and nonresolvers, by John C. Norcross, Marci S. Mrykalo, Matthew D. Blagys , University of Scranton. Journal of Clinical Psychology, Volume 58, Issue 4 (2002).

John Norcross is a co–author of Changing For Good.

<http://www.proactive–coach.com/resolutions/theory/index.htm>

Founder of <http://www.qualityeldercare.com> and of <http://www.seniorsapprove.com>

## **Seven Tips to Keep up Your New Year Resolutions**

**By Lakshmi Menon**

### **Seven Tips to Keep up Your New Year Resolutions by Lakshmi Menon**

There are many people who enthusiastically make their New Year resolutions with a fond hope that they will stick to them and thus make changes in their life for the better.

But they will soon find that they cannot keep up those resolutions and are back to their old life. How sad it is!

Some may be able to make it last for a week, or maximum for a month or two, and slowly give it up. Hardly a small percentage of people can actually keep up their resolutions to their satisfaction.

Are you one of them belonging to the former category? If so, the following tips will help you to stick to your

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resolutions. I have found them personally useful on most of my resolutions.

1. Before making the resolution, think carefully and ask yourself whether you really want to do that or not.

2. If your answer is "Yes" make a firm decision that at any cost you will see to that you will keep it up.

3. Once you have made up your mind to your resolution which you believe is better for your improvement, write it on a piece of paper and read it loudly, at least five times, until your mind absorbs it fully.

4. Make a few copies of that matter and stick them in your favorite places at home. One paper should be in your bedroom, which if you can see as you get up, will be fine.

5. Every day as you get up after your prayer, just read that piece of paper where your resolution is written. Read it at least 3 times.

6. The other pieces of paper should be pinned in the kitchen, drawing room, and another one on your computer.

When you come to your computer side you will not miss it, but without your knowledge your attention will pass through that piece of paper as you wait for your computer to get booted, which will remind you of your resolution.

7. Finally at the end of the day, when you go to bed, remember to repeat your resolution at least twice affirming

that you are going to keep up your resolution, at any cost.

When you follow the above tips, you will feel very happy that you have not broken your resolution and you are able to keep it up successfully, as the way you wanted it.

Lakshmi Menon has written articles and short stories. Now she is involved in internet marketing. Visit <http://www.net4homeincome.com>

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