

Smoking Cessation Resources

Resources from the U.S. Nation Library of Medicine

<http://www.nlm.nih.gov/medlineplus/smokingcessation.html>

The Quit Smoking Toolbox

<http://quitsmoking.about.com/od/preparetoquit/a/quitsmkingtools.htm>

Questions and Answers About Smoking Cessation

<http://www.cancer.gov/cancertopics/factsheet/Tobacco/cessation>

Smoking Cessation- WebMD

<http://www.webmd.com/a-to-z-guides/Quitting-Tobacco-Use-Overview>

Surgeon General- You can quit smoking now

<http://www.surgeongeneral.gov/tobacco/>

Centers for Disease Control and Prevention Quit Smoking

http://www.cdc.gov/tobacco/quit_smoking/index.htm

American Heart Association- Smoking Cessation Information

<http://www.americanheart.org/presenter.jhtml?identifier=4731>

Smoking Cessation Support

<http://www.lungusa.org/site/pp.asp?c=dvLUK900E&b=22931>

Online Guide to Quitting

<http://www.smokefree.gov/>