

QUIT SMOKING MINDFULLY



soulseeds

SEED THE CHANGE

© 2010 soulseeds.com. All rights reserved.

Seed of Indulgence

It's time to find new ways to spoil yourself. Your old way of inhaling nicotine to relieve stress is no longer working for you. Tap into your new sense of wellness and buy an exotic hand wash or a silky body lotion. Begin to appreciate your heightened sense of smell by indulging in these treats daily.



Say to yourself: I choose to cleanse myself and be renewed.