



Healthy Lifestyle

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- Rules of healthy life
- Bad Habits
- Ways to quit bad habits
- Conclusion

Rules of Healthy life

- 1) Life without bad habits
- 2) Diet
- 3) Healthy sleep
- 4) Live without stress

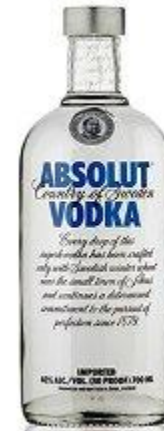


Main bad habits

□ Smoking

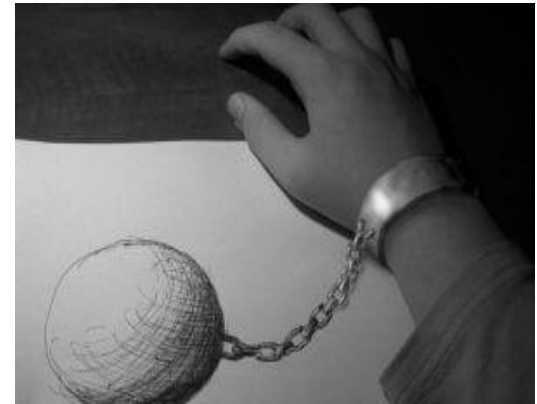


□ Drinking



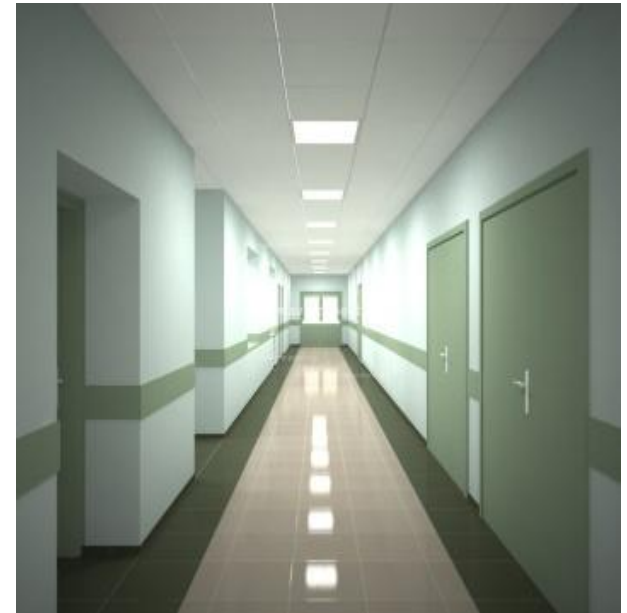
The harm of smoking

- 1 Causes cancer of the larynx and the lungs
- 2 Dependence
- 3 Potency
- 4 Unhealthy children



Treatment Smoking

- 1 Hypnosis
- 2 Psychology
- 3 Willpower
- 4 Analogues of Smoking (vape)





**Keep yourself
and your loved
ones . Thank you
for you attention!**