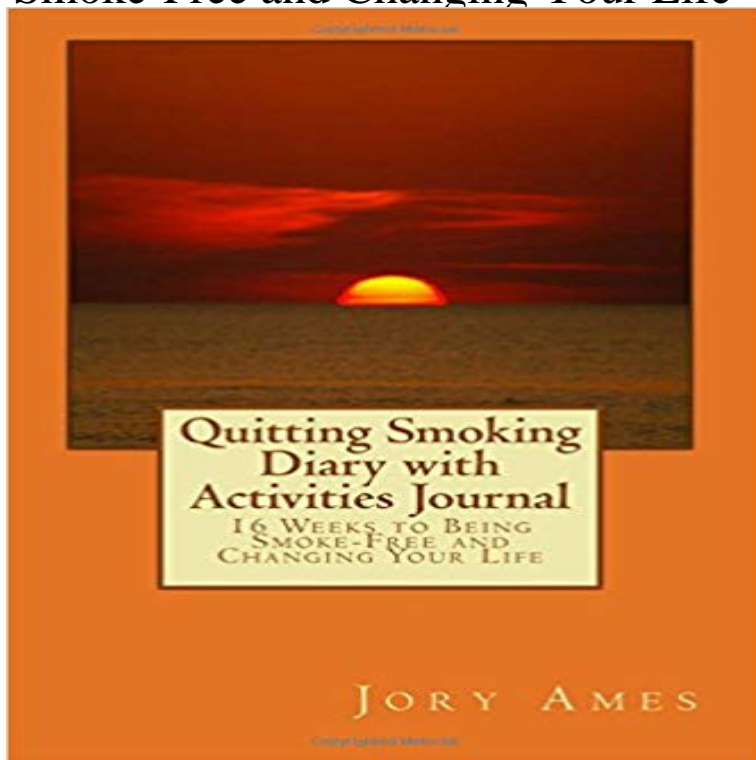


Quitting Smoking Diary with Activities Journal: 16 Weeks to Being Smoke-Free and Changing Your Life



Journaling works for changing your life, whether it is for weight loss or quitting smoking. It helps motivate us and holds us accountable to our health. We can keep track of how much we are how many cigarettes we smoke...or dont smoke. There is no need to lie to a journal. Your journal is not there to judge you, but to be a tool to your success. Use your journal to write down your goals, thoughts, frustrations, tips, ambitions, and anything else that motivates you on your tobacco-free journey. Over the years of failed and successful smoking quits, author Jory Ames, Ph.D. learned that the secret to success was writing down her progress, thoughts, and frustrations. She designed this journal with all the elements that helped her become a forever nonsmoker and shares with others embarking on their own inspiring journey to health and freedom.

Revive your spirit. Restore your body. Discover your style.

Home Salon and Spa Services Employment Contact us

Feel free to make a reservation Open Mon -Thu: 9:00am – 6:00pm | Fri – Sat: 9:00am – 7:00pm

Spa Services

We offer an extensive menu of spa services to restore your body and revive your spirit.

Salon Services

From cut, color, styling, texturizing and extensions, we offer a variety of services to fulfill your needs. Discover your style.

Facial Services

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See our specials

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Special Packages

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