

Healthy Habits with Louise Anne Maurice

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HOW I QUIT SMOKING

**AND IMPROVED
MY COACHING**



DEVELOP THE HEALTHY HABIT OF BREATHING TO QUIT SMOKING WITH LOUISE ANNE MAURICE

A great breathing hack for quitting smoking is the 4-7-8 breathing technique. This method can help reduce stress and cravings, making it easier to quit smoking.

Here's how you do it:

Inhale Quietly Through Your Nose: Count to 4 while you inhale.

Hold Your Breath: Count to 7 while holding your breath.

Exhale Completely Through Your Mouth: Make a whooshing sound as you exhale to the count of 8.

Repeat this cycle four times. Practicing this technique twice a day can help you feel more relaxed and in control, which is particularly useful when cravings strike.

DEVELOP MORE HEALTHY HABITS TO QUIT SMOKING WITH LOUISE ANNE MAURICE

Additionally, here are some tips to enhance the effectiveness of this breathing technique:

Practice Mindfulness: Combine this breathing exercise with mindfulness meditation to stay present and manage cravings.

Create a Routine: Make this a regular part of your day, especially during times when you would typically smoke.

Pair with Healthy Distractions: Use this technique alongside other distractions like drinking water, going for a walk, or chewing gum.

By focusing on your breath and creating new habits, you can make quitting smoking a bit easier

Take Empowered Habits a step further by understanding the root cause of unhealthy habits in every area of life.

Learn more about [Holistic Health and Wellness Coaching](#).

- “In the beginning I was skeptical to enroll but after going through section 1, I was certain that I want to finish the course. The course covered the holistic wellbeing dimensions and the instructor was passionate as well as knowledgeable. She has impacted a great amount of knowledge and coaching skills. This will definitely add value to my career as a wellness practitioner.”



Take Empowered Habits a step further by understanding yourself so that you can understand others.
Learn more about [Professional Life Coaching](#).

- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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