

Smoke free you - an iOS app helps smokers quit smoking.

Today we are pleased to announce that smoke free you for iOS has been approved for release in all regions.

AHMEDABAD, GUJARAT, INDIA, July 19, 2014

/EINPresswire.com/ -- In our effort to encourage healthy living, we have made an iOS application to help people quit [smoking](#). Today we are pleased to announce that smoke free you for iOS has been approved for release in all regions.

With all the conscious effort and research on similar apps available on the platform as well as studying smoker's psychology, we have come up with most practical approach to help [smokers](#) to quit smoking.

Key points of app

Carefully designed [quitting](#) stages: These small-small challenges will keep smokers going while in quitting process as well as it will nourish them with sense of accomplishment.

Notes: This key section will help smokers to note down their reasons to quit, goals, strengths, weaknesses, motivation and much more. Later reading to their notes will help them fight craving, mood swings and many withdrawal symptoms.

Good Read: In this section, we have very good reading material to help smokers understand smoking, quitting process and a lot more. This will be useful to take a complete attempt to quit.

Wisdom Words: To keep motivating, this section has small tips and wisdom. Each tip has potential to make the day. So as and

when they feel like craving spending at least 2 to 5 minutes in this app will surely makes a difference.

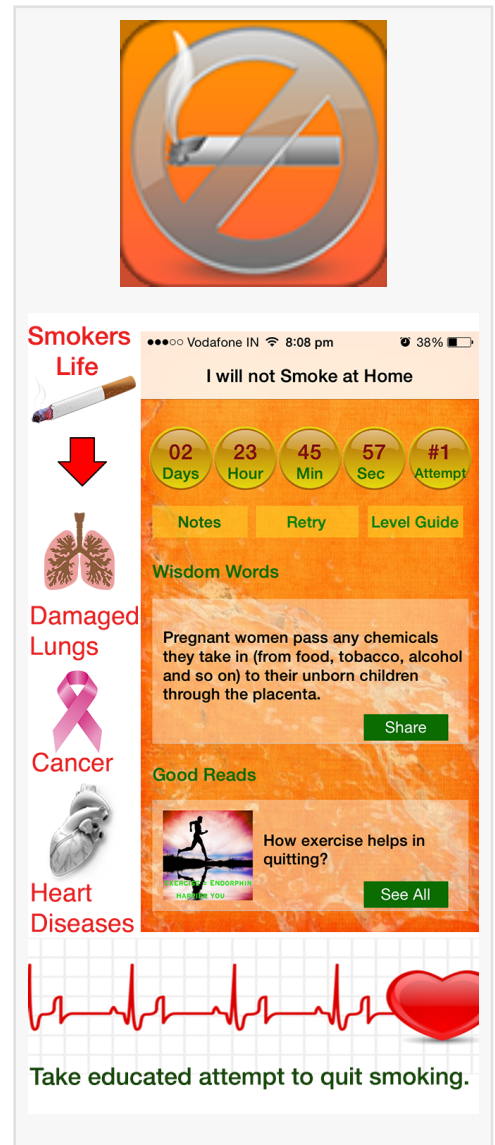
- How app will help you quit - Key strategy

An attempt is not a failure. Smokers learn more about quitting each time they try, and the fact that they have tried to quit before increases the chances of them eventually quitting for good. Most people make four or five quit attempts and may use a variety of methods before they quit for good. These attempts are an important part of the journey to becoming smoke-free.

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- How we are different from other apps?



We are completely different from other quitting related apps on the platform. We aren't that smoke counter or money calculator; instead we are a complete package with most practical approach towards quitting.

When you see a good life around you, there must be someone behind it who has taken courageous decision in his/her life to make it wonderful. If smokers are going for this courageous decision, we with this app will make sure to make their attempt count.

Device Requirements:

- * iPhone, iPad or iPod touch
- * Requires iOS 7.0 for later
- * Universal app optimized for display on all iOS devices
- * 14.7 MB

Pricing and Available:

Smoke free you is free for a while and is available worldwide exclusively through the App Store in the Health & Fitness category.

App Store Link: <https://itunes.apple.com/us/app/smoke-free-you-quit-smoking/id897246229?ls=1&mt=8>

Press kit: https://www.dropbox.com/s/czc7ohlqctw4igs/Press_Kit.zip

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his/her life to make it
wonderful.

Uttam Bhakhar