

Submitted by JR Ruiz

Q: I'm a traveler who loves an occasional cigarette. However, in recent years more and more of my destinations have become totally smoke-free. How can I deal with all the no smoking hotels, cruise ships and just about everywhere else I visit?

A: If you choose to quit, one of most effective ways to end the habit is to contact [cigarrest.com](http://cigarrest.com) . However, if you choose to smoke on your travels, just follow the rules to find smoking-permitted areas, and be sure to respect areas and buildings where smoking is totally banned.