

The power of your word!

STOP SMOKING



KICK THE HABIT NOW!

Barbara E. Savin
Clinical & Medical Hypnotherapist

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INTRODUCTION

Making a Commitment

How many times have you decided to stop smoking and after two or three weeks you found yourself unable to stick with it? Did you say to yourself: “just one more cigarette and I will quit.” At which point you probably figured, that’s it! It’s over . . . I might as well go back to my bad habits.

Well, guess what? It’s time, once and for all, to decide that you have the ability. You can do anything you set your mind to. And you know what? It’s true! **YOU CAN DO IT!!!!**

Commitment. Commitment. Commitment. Such a big word! But let’s see . . . what are some other words that have the same meaning as commitment? Obligation, responsibility, dedication, loyalty, devotion, faithfulness, agreement, pledge, ability . . . I could go on, but I’ll leave that up to you and a thesaurus.

How many times have you set a goal and failed to achieve it? Don’t worry; most people have done the same thing. In fact, it’s quite common to get stuck in an endless cycle of setting goals and abandoning them shortly afterward—and accomplishing nothing. That’s what New Year’s resolutions are all about. We start something and then stop, and before we know it, it’s New Year’s Eve again and time for . . . more New Year’s resolutions!

Why do people do this? One of the biggest reasons is a lack of commitment. Hmmm, there’s that big word again! But without commitment, a goal will gradually shrink in importance, and the temptation to quit will seem that much more attractive, especially when obstacles bring setbacks and delays.

On the other hand, if you make a serious commitment and continually remind yourself of the commitment you’ve made, you’ll be much more likely to persevere and achieve the goal.

Here are some rules to follow to help you commit to your goals:

1. First and foremost, you be sure that each goal you set is **VITAL** to you. This can be tricky. We often fool ourselves into thinking we want one thing, when in fact, what we want is something entirely different. Take time with this part of the process. Be sure you get to the heart of what it is you really want. Ask yourself why you want to reach the goal. What will it do for you? What positive things will it bring to your life? How will it help you? How will you feel when the goal is accomplished?

Write down everything. Keep your notes in a handy place so you can refer to them as often as necessary—especially when you feel your commitment beginning to slip.

Also ask yourself if your goal is worth the effort. You will need to make sacrifices in order to achieve it. If you can honestly answer yes, then you are on the way!

2. Think about what will happen if you don't follow through. If the answer is, "Nothing much," then you need to raise the stakes! You have to make your goal the most important thing in the world—and if you fail to reach it, you will face negative consequences. Even if you have to indulge in a bit of make believe, do it. For example, emphasize or even exaggerate the amount of self-respect you'll lose if you don't follow through. Or tell yourself that you must give up something you love if you don't make it happen.

3. Then, each and every day, renew your commitment. It's easy to be committed if your goal is new and your motivation is high, but you have to STAY committed, no matter what! Each day when you awaken, read through the notes you wrote down about your goal on that first day. Remind yourself how vitally important the goal is to you. Promise yourself each day that you're going to do as much as possible—every single day—to work on achieving your goal.

When it comes right down to it, no one can achieve your goals for you. If you want to achieve them, you must find the determination necessary to keep going. Inactivity and procrastination are usually nothing more than bad habits. Creating more positive and productive habits is as simple as taking it a day at a time and working your hardest to change your life. The more committed and determined you are to reach your goal, the more likely you'll do just that.

Here are some questions to ask yourself before making your commitment:

1. Is living a healthy, physically fit life a commitment to yourself or to your loved ones?
2. Is it a goal worth sticking to?
3. Do you want to live a full life, filled with love, joy, happiness, peace, and good health?
4. Do you love yourself enough to respect your body?
5. Are you willing to accept responsibility for your physical condition and ready to make a commitment to creating a healthy body?

The trend toward increasing smoking bans continued all across the country. Today, there are many towns that are attempting—and some that are succeeding—in making their entire towns nonsmoking. These days, if you are a smoker, you more often than not relegated to puffing away in an alley, on the sidewalk, or sneaking a quick hit in the bathroom.

It's no longer fashionable to be a smoker. So why are there so many people out there who still smoke? The main reason is most likely that research through the years has indicated certain ingredients in cigarettes make it a highly-addictive habit.

Most people who smoke agree that they probably shouldn't be doing it. They know that it's harmful to their health, but they still light up whenever they get the chance. Many smokers want to quit, but they think they're powerless against the hold that tobacco has on them.

Let's make it clear: quitting smoking is no walk in the park. It can hurt physically, but even more so, it hurts emotionally. This "devil weed" takes hold of every part of your life and helps to form your identity—you are a Smoker. So how in the world will you become a nonsmoker?

Persistence, commitment, willpower, and patience are all ways you will succeed in your venture to stop smoking. We won't lie to you; it's going to be one of the hardest things you will ever do. But once you become smoke-free, you'll appreciate every moment of that suffering.

This book is intended to address the biggest issues that face people who have decided to quit smoking. It may be a bit disturbing at times, but that's what it's meant to be. When you begin studying the effects of smoking on your body, the scary reality is that what happens to your body IS disturbing. Read with caution, but take note of what you see stated plainly in black and white.

Remember it's about being healthy and happy! Make the commitment and begin this journey towards the new you! Believe me, you will feel great about yourself and will truly enjoy taking care of you!

It's going to be a difficult journey. Take my hand and let's do it together! Give yourself a gift...A gift of living a healthy life! I am a non-smoker now for over 40 years!!!

Thank you, have a beautiful day and enjoy being a non-smoker!
Barbara

www.MotivateYourLife.Net BarbaraEsavin@aol.com

THE REALITY OF SMOKING

Most people know that smoking can cause lung cancer, but it can also cause many other cancers and illnesses as well.

One out of every five deaths in the United States can be directly attributed to cigarette smoking. Of these deaths, most are from smoking-related cancers, while cardiovascular disease and emphysema are other factors that may contribute to death.

Cigarettes contain more than 4000 chemical compounds and at least 400 toxic substances. When you inhale, a cigarette burns at 700°C at the tip and around 60°C in the core, and this heat breaks down the tobacco to produce various toxins. Then, as the cigarette burns and you continue to inhale, the toxic residues become concentrated towards the butt.

The products in a cigarette that are most damaging to your health are:

- Tar, which is a carcinogen (a substance that causes cancer).
- Nicotine, which is addictive and increases cholesterol levels in your body.
- Carbon monoxide, which reduces oxygen in your body.
- Components of the gas and particulate phases. These cause chronic obstructive pulmonary disorder (COPD).

The damage caused by smoking is influenced by:

- The number of cigarettes smoked.
- Whether the cigarette has a filter.
- How the tobacco has been prepared.

Research has shown that smoking reduces life expectancy by seven to eight years.

Of the 300 people who die every day in the US as a result of smoking, many are comparatively young smokers. The number of people under the age of 70 who die from smoking-related diseases exceeds the total figure for deaths caused by breast cancer, AIDS, traffic accidents, and drug addiction.

The best news is that nonsmokers and ex-smokers both can look forward to living healthier and longer lives than those who continue to smoke.

There are many major diseases caused by smoking:

- **Cardiovascular disease**

Cardiovascular disease can take many forms depending on which blood vessels are involved, but all of them are more common in people who smoke. In fact, cardiovascular disease is the main cause of death due to smoking.

Hardening of the arteries is a process that develops over years, when cholesterol and other fats deposit in the arteries, leaving them narrow, blocked or rigid. When the arteries narrow (atherosclerosis), blood clots are likely to form. Smoking accelerates this hardening and narrowing process in your arteries so that it starts earlier and blood clots are two-to-four times more likely to form.

Coronary thrombosis is when a blood clot forms in the arteries supplying the heart, and it can lead to a heart attack. Around 30% of these are caused by smoking. Smokers tend to develop coronary thrombosis 10 years earlier than nonsmokers, and they make up 9-out-of-10 heart bypass patients.

Cerebral thrombosis is when the vessels to the brain can become blocked, and this can lead to collapse, stroke, and paralysis.

If arteries in the kidneys are affected, then high blood pressure or kidney failure can occur.

Circulatory problems in general are a huge risk from smoking. While most people associate smoking with cancer, the fact is that even more people die from circulatory problems caused by cigarette smoking than from cancers.

The effects on the circulatory system are both immediate and dangerous. Nicotine is a stimulant which raises the heart rate and blood pressure, constricts the arteries, and in conjunction with carbon monoxide, it causes atherosclerotic conditions within the artery walls.

This clogging process affects the heart as well as other sites of the body, such as the brain or peripheral circulation in the extremities, sometimes resulting in gangrene and amputations. Over 200,000 smoking-related deaths are attributed to the combined effect of nicotine and carbon monoxide on the circulatory system.

- **Cancer**

Smokers are more likely to get cancer than nonsmokers. This is particularly true of lung cancer, throat cancer, and mouth cancer, which hardly ever affect nonsmokers.

The link between smoking and lung cancer is clear.

- 90% of lung cancer cases are due to smoking.
- If no one smoked, lung cancer would be a rare diagnosis. Only 0.5% of those who've never touched a cigarette develop lung cancer. One hundred years ago, if a doctor encountered a case of lung cancer, it would be written up in a medical journal.
- Even as recently as 1930, most doctors never came across a case of primary lung cancer.
- One in ten moderate smokers and almost one in five heavy smokers (those who consume more than 15 cigarettes a day) will die of lung cancer.
- At one time, lung cancer was considered primarily a disease suffered by males. By the 1980s, however, lung cancer overtook breast cancer to become the number one cancer death in women.

The more cigarettes you smoke in a day combined with the longer you've smoked, the higher your risk of lung cancer. Similarly, your risk of lung cancer rises depending on how deeply you inhale and how early in life you started smoking.

For ex-smokers, it takes approximately 15 years before the risk of lung cancer drops to the same level as that of a nonsmoker.

If you smoke, the risk of contracting mouth cancer is four times higher than for a nonsmoker. Mouth cancer can develop in many areas, with the most common being on or underneath the tongue and on the lips.

Other types of cancer that are more common in smokers are:

- bladder cancer
- cancer of the esophagus
- cancer of the kidneys
- cancer of the pancreas
- cervical cancer
- **COPD**

COPD is chronic obstructive pulmonary disease, which is a collective term for a group of conditions that block airflow and make breathing more difficult, such as:

- Emphysema, or a breathlessness caused by damage to the air sacs (alveoli)
- Chronic bronchitis, or a coughing with a lot of mucus that continues for at least three months.

Smoking is the most common cause of COPD and is responsible for 80% of cases. It's estimated that 94% of those who smoked 20 or more cigarettes a day have some emphysema when the lungs are examined after death, while more than 90% of nonsmokers have little or none.

COPD typically starts between the ages of 35 and 45, when lung function begins to naturally decline anyway. But in smokers, this rate of decline can be three times the usual rate. As lung function declines, breathlessness begins.

As the condition progresses, severe breathing problems can require hospital care. The final stage is death from suffocation, caused by progressive breathlessness.

- **Other risks caused by smoking**

- Smoking raises blood pressure, which can cause hypertension (high blood pressure), which is a risk factor for heart attacks and stroke.
- Couples who smoke are more likely to have fertility problems than those who are nonsmokers.
- Smoking worsens asthma and counteracts asthma medication by worsening the inflammation of the airways that these medicines are supposed to be helping.
- The blood vessels in the eye are sensitive and can be easily damaged by smoke, causing a bloodshot appearance and itchiness.
- Heavy smokers are twice as likely to get macular degeneration, resulting in the gradual loss of eyesight.
- Smokers run an increased risk of cataracts.
- Smokers take 25% more sick days annually than nonsmokers.
- Smoking stains your teeth and gums.
- Smoking increases your risk of periodontal disease, which causes swollen gums, bad breath and teeth to fall out.
- Smoking causes an acid taste in the mouth and contributes to the development of ulcers.

- Smoking also affects your looks. Smokers tend to have paler skin and more wrinkles because smoking reduces the blood supply to the skin and lowers levels of vitamin A.

Smoking and Impotence

For men in their 30s and 40s, smoking increases the risk of erectile dysfunction (ED) by about 50%. Erection can't occur unless blood can flow freely into the penis, so these blood vessels have to be in good condition. Smoking can damage the blood vessels and cause them to degenerate, as nicotine narrows the arteries leading to the penis and reduces both blood flow and blood pressure in the penis.

This narrowing effect increases over time, so if you haven't got problems now, things could change later.

Erection problems in smokers may be an early warning signal that cigarettes are already damaging other areas of the body, such as blood vessels supplying the heart.

Smoking and Others

There are many health-related reasons to give up cigarettes, but not just for smokers themselves. You can also protect those around you. For example, babies born to mothers who smoke during pregnancy are twice as likely to be born prematurely and with a low birth weight.

Passive Smoking

Did you know that the 'side-stream' smoke emitted by a cigarette between puffs carries a higher risk than directly inhaled smoke?

Children who grow up in homes where one or both of their parents smoke have twice the risk of getting asthma and asthmatic bronchitis. They also have a higher risk of developing allergies. Infants under two years old are more prone to severe respiratory infections and crib death when they have parents who smoke.

For adults, passive smoking appears to increase the risk of lung cancer, but evidence for an increased risk of heart disease is still inconclusive.

The long-term health effects of smoking are matters of scientific fact. What is also a matter of scientific fact is what happens to your body every time you take a puff.

WHAT HAPPENS WHEN YOU SMOKE

Lighting up that cigarette may feel like bliss, but what are the negative effects it is having on your body as you puff away?

- **The smoke hits your eyes, nose, and throat.**

Within a few seconds of your first puff, irritating gases—formaldehyde, ammonia, and hydrogen sulphide—start to work on the sensitive membranes of your eyes, nose, and throat. If you continue to smoke, these gases will eventually result in a smoker's cough.

- **You put your lungs under pressure.**

As you puff away, you erode the natural cleansing process of the lungs. Your respiratory rate starts to increase, and this makes your lungs work harder.

The gases from the cigarette harm the tissues of the lungs and airways. You cough up more mucous, and this excess mucous is a breeding ground for bacteria and viruses. You become more susceptible to colds, flu, bronchitis, and other respiratory diseases.

Farther down inside your lungs, the smoke weakens the free-roving scavenger cells that remove foreign particles from the air sacs of the lungs.

Continued exposure to smoke affects the protein that keeps the lungs flexible (elastin), predisposing you to emphysema.

Smoking is the main cause of chronic obstructive lung disease—a very rare disease in nonsmokers—and at least 80 percent of the deaths from this disease can be attributed to cigarette smoking.¹

- **Your heart is put under stress.**

From the moment the smoke reaches your lungs, your heart is forced to work harder. The heartbeat may increase by as much as 30% during the first 10 minutes of smoking. Many smokers suffer from abnormal heart beats caused by the effect of nicotine and other chemicals.

- **Your blood pressure increases.**

While you are smoking, your blood pressure increases and puts more stress on heart and blood vessels. This automatically increases your risk of heart attack and stroke during the time that you are smoking.

- **Carbon monoxide floods into your system.**

When you smoke, carbon monoxide—the same colorless, odorless, deadly gas present in car exhaust—passes immediately into your bloodstream. Carbon monoxide binds to the oxygen receptor sites (hemoglobin) and "kicks out" the oxygen molecules in your red blood cells.

Hemoglobin—the protein that feeds oxygen to organs and cells—binds itself preferentially to the carbon monoxide and can no longer carry oxygen. This means that less oxygen reaches your brain and vital organs. Your cells need oxygen for energy, so your energy levels are reduced. The oxygen-carrying capacity of a heavy smoker's blood may be reduced by 15%

- **The nicotine kicks in.**

After approximately 10 seconds of smoking, nicotine has been absorbed from the lungs into the bloodstream, and it has been transported to the brain. Nicotine stimulates the central nervous system, increasing heart rate and blood pressure, while also raising the heart's oxygen requirement.

- **The blood vessels in your skin constrict.**

The smoke constricts blood vessels in your skin and makes smokers more susceptible to wrinkling. Cigarette smoke released into the environment also has a drying effect on the skin. The net result is grey, wrinkled skin with heavy lines around the eyes and mouth.

It might feel good to have that puff during a stressful time, but you are really just transferring that stress to your body and being detrimental to your ability to lead a healthy lifestyle.

While smoking has a profoundly negative effect on your body, quitting smoking has an equally profound effect, but in a positive way.

WHAT HAPPENS WHEN YOU QUIT SMOKING

The benefits that occur inside your body when you quit smoking begin shortly after you have smoked your last cigarette. Have all of the years of smoking or chewing caused too much damage for quitting to be of any benefit? The truth is, not at all. The human body is amazingly resilient.

Within the first 20 minutes of quitting, the healing process begins, and the benefits will continue to improve your health and your quality of life for years to come.

At 20 minutes after quitting:

- blood pressure decreases
- pulse rate drops
- body temperature of hands and feet increases

At 8 hours:

- carbon monoxide level in blood drops to normal
- oxygen level in blood increases to normal

At 24 hours:

- chance of a heart attack decreases

At 48 hours:

- nerve endings start re-growing
- ability to smell and taste improves

Between 2 weeks and 3 months:

- circulation improves
- walking becomes easier
- lung function increases

All of these positive changes occur during just the first 3 months of smoking cessation. The worst of nicotine withdrawal subsides within the first month, so after that, the focus needs to be on learning how to decipher and reprogram the psychological urges to smoke.

Between 1 to 9 months smoke-free:

Starting as early as one month after you quit smoking and continuing for the next several months, you may notice significant improvements in these areas:

- coughing
- sinus congestion
- fatigue
- shortness of breath

The changes you'll be going through will affect more than your physical health. Confidence will soar as you accumulate more smoke-free time. It's empowering! But it's also important to remember that healing from nicotine addiction is a process, and while some improvements are dramatic and happen quickly, others will come more gradually.

At 1 year smoke-free:

- excess risk of coronary heart disease is decreased to half that of a smoker

Cigarette smoking is directly linked to 30% of all heart disease deaths in the United States each year. It plays a part in coronary heart disease and causes damage by decreasing oxygen to the heart. Smoking increases blood pressure and heart rate, both of which are hard on the heart. Quitting tobacco is the absolute best thing you can do for your heart and for your health overall.

At 2 years smoke-free:

- your chance of achieving long-term success with quitting tobacco increases significantly

At 5 years smoke-free:

- from 5 to 15 years after quitting tobacco, stroke risk is reduced to that of people who have never smoked

At 10 years smoke-free:

- risk of lung cancer drops to as little as one-half that of continuing smokers
- risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- risk of ulcer decreases

At 15 years smoke-free:

- risk of coronary heart disease is now similar to that of people who have never smoked
- risk of death returns to nearly the level of people who have never smoked

So now that you know the benefits of quitting your smoking habit, where do we go from here? I guess it's time to look at how to start a quitting program. Some of your friends may make fun of you and say, "No one likes a quitter!" The truth is, you'll be around much later in life than they will, so it's time start quitting now!

THE TIME TO QUIT IS NOW—BUT HOW?

Many experts believe smoking is only about 10% physical addiction and a whopping 90% psychological addiction. Your body will recover fairly quickly from nicotine withdrawal—the worst symptoms usually abate in three days or less—but your psychological dependency on cigarettes can be much more difficult to defeat.

You need to be wholly committed to a program that will help you stick to your desire to leave cigarettes behind you for good and spend the rest of your life as a nonsmoker. Probably the best way to start is to work on those psychological barriers that may keep you from succeeding.

One of my favorite techniques for facing a big decision is to make a list of reasons why I do or do not want to make a change, usually in the form of a pros-and-cons list. When it comes to quitting smoking, compare the reasons why you started smoking with the reasons why you want to quit.

Get out a piece of paper and separate it into two columns. Label one “Why I Started Smoking” and the other “Why I Want to Quit Smoking.”

In the first column, list all the reasons you can remember as to why you started smoking in the first place. Was it peer pressure? Rebellion? Did you think it made you look cool? Did it make you feel like a grown-up? Try hard to remember the exact reasons why you started smoking, and write them all down.

Now look closely at that list. Do any of the reasons still apply in your life today? Our guess is probably not.

If you're like most people, you will see that your reasons for becoming a smoker are no longer valid and are often just silly. They are easily outweighed by the risks to your health and your family's well-being.

Move on to the second column, and start listing all the reasons you want to stop this habit. The reasons may seem obvious at first, but this list can be a bit tricky. You really need to take some time and think hard about it. Don't just list the obvious health reasons—you've been reading the Surgeon General's warnings for years with little effect, so you need to come up with reasons that have true meaning for you.

The reasons that most people will write down will NOT help them quit smoking!
For example:

- I don't want to get lung cancer.
- I don't want to have a heart attack or a stroke.
- I'd like to live long enough to see my grandchildren grow up.

Those are all good enough reasons to quit smoking, certainly, but they deal in "possibilities" rather than in specifics.

Sure, you MIGHT get lung cancer, you MIGHT have a heart attack or a stroke, you MIGHT die young and miss out on seeing your grandchildren grow up . . .

Or you MIGHT NOT!

You're not likely to break a strong psychological addiction based on what MIGHT happen. Your mind will work overtime trying to convince you that these things won't happen to you. So instead, list health problems that you are already experiencing.

Your list should point out things in your life that you are actively unhappy about and are STRONGLY MOTIVATED to change. In order to break your psychological addiction, you need an arsenal of new thoughts and desires that are stronger than your desire to smoke!

Here are some ideas of helpful things you may want to put in column two:

Why Do I Want To Quit Smoking?

1. Health Reasons

- I get so out of breath when I exert myself, even the littlest bit. Just vacuuming the house makes me pant and gasp.
- My feet are always cold. This could be due to high blood pressure and poor circulation associated with smoking.
- I have a nasty wet cough, and I have to blow my nose way too often. Mucus build-up is the body's reaction to all the toxins and chemicals in cigarette smoke, and it could be a precursor to serious respiratory disease. Even if I don't get cancer, I don't want to be one of those people who has to tote oxygen bottles around everywhere.
- I'm always tired. Could it be that my body is using up all its energy trying to eliminate the toxins and chemicals from cigarettes?

2. Vanity Reasons

- Smoking causes premature aging and drying of the skin. I don't want to look like a wrinkled up old prune!
- My fingers, fingernails, and teeth are all tobacco stained. Disgusting! How embarrassing.

- When I get on the elevator after a smoke break at work, everyone wrinkles their nose and tries to edge away from me because I reek of cigarette smoke. I feel like a pariah. It's embarrassing to always be the big "stinker" on the elevator. I feel like I have no self-control.

- My breath is awful. Kissing me must be like kissing an ashtray. I spend a fortune on breath mints.

3. Financial Reasons

- If I save all the money I used to spend on cigarettes, I'll have enough to take a vacation in Cancun or some other warm tropical place every winter!

- I could use the money to pay off my credit cards!

- I could donate money to my favorite charity or sponsor a child. My cigarette money could make the world a better place!

4. Family Reasons

- My family can stop worrying about me.

- My spouse will have to find something new to nag me about. Just kidding, honey!

- My children will be proud of me and (hopefully) they'll never start smoking themselves, having seen firsthand what a nasty destructive habit it is.

5. Cleanliness Reasons

- The walls used to be white. Now they're a nasty, dirty-looking brown. I need to repaint . . . again!

- I stink, my car stinks, my house stinks, everything I own reeks of cigarette smoke. I can't even lend a book to a non-smoking friend because they can't stand the smell of smoke permeating the pages!

Do you see yourself in any of the items listed? You may have many more reasons of your own. Find as many compelling and emotional reasons you can think of to pursue smoking cessation and write them all down. To quit smoking, you need YOUR reason to kick the nicotine habit.

If you can retrain your mind to think of smoking as a silly and self-destructive act, then you're almost sure to succeed. And if you need something to do with your hands, try knitting!

There are hundreds of excuses that smokers cite as reasons why they can't quit. I understand almost all of them! It can be daunting to try and change your whole lifestyle.

For years, I resisted buying cartons of cigarettes because, if I did, that would mean I was really a smoker. Then I realized I got a better deal money-wise with cartons, so I switched. I was humiliated inside—but I was also powerless to resist. I understand how hard it can be.

WHY SMOKE IN THE FIRST PLACE?

Most smokers spend countless hours during their smoking careers trying to satisfactorily answer this most perplexing question. Typically, answers they come up with are that they smoke because they are unhappy, unsatisfied, nervous, bored, anxious, lonely, tired, or just frustrated without their cigarettes.

Other reasons often quoted are that cigarettes keep them thin, make them better able to think, or that they are more sociable while smoking. Some claim that they smoke to celebrate the joyful times of life. Food, drink, fun and games, and even sex all seem to lose their appeal without an accompanying cigarette.

So with all the information out there today about how bad smoking is for your health, why do people continue to smoke? Let's look at a few reasons.

"I Like Smoking"

Ask almost any current smoker why she continues to indulge in such a dangerous habit, and she will normally reply, "Because I like smoking." While she may say this in all honesty, it is in fact a misleading statement, both to the listener and to the smoker herself. She does not smoke because she enjoys smoking; rather, she smokes because she does not enjoy not smoking.

Nicotine is a powerfully addictive drug. The smoker is in a constant battle to maintain a narrow range of nicotine in her blood stream (serum nicotine level). Every time the smoker's serum nicotine level falls below the minimum limit, she experiences drug withdrawal.

She becomes tense, irritable, anxious, and, in some cases, even shows physical symptoms. These are not enjoyable feelings. The only way to alleviate these acute symptoms is to have a cigarette. The nicotine loss is replenished, and the smoker feels better. She may have enjoyed smoking, but mostly she did not enjoy not smoking.

A smoker must also be cautious not to exceed his or her upper limit of tolerance for nicotine or else suffer varying degrees of nicotine poisoning. Many smokers can attest to this condition.

It usually occurs after parties or extremely tense situations when the smoker has exceeded normal levels of consumption. He or she feels sick, nauseous, dizzy, and generally miserable.

Being a successful smoker is like being an accomplished tightrope walker. The smoker must constantly maintain a balance between these two painful extremes of too much or too little nicotine.

The fear which accompanies initial smoking cessation is that the rest of the ex-smoker's entire life will be as horrible as the first few days without cigarettes. What ex-smokers will learn is that within a short period of time, the physical withdrawal will start to diminish.

First, the urges will weaken in intensity and then become shorter in duration. There will be longer intervals between urges. Eventually, it will reach the point where the ex-smoker desires a cigarette very infrequently, if ever. Those who continue to smoke will continue to be in a constant battle of maintaining their serum nicotine level.

One key element of this battle is the great expense of buying pack after pack of cigarettes. Another is the dangerous assault on the smoker's body caused by inhaling poisonous nicotine, along with over 4,000 other toxic chemicals that comprise the tars and gasses produced from the combustion of tobacco. These chemicals are each deadly by themselves, but even more so in combination.

“I’m Self-Destructive. That’s Just Who I Am”

Many Smokers believe they continue to smoke because of a self-destructive attitude. They actually want to get sick. Some say they are afraid of reaching old age, while others arrogantly vow to continue smoking until it kills them.

Some people do have emotional problems which lead to self-destructive behaviors, but I believe the majority of smokers do not fit in this category. Most make these bold statements of self-destructiveness in order to hide the fear of being unable to give up cigarette smoking.

The reality is that some people simply don't care enough about themselves to give up cigarettes. Unfortunately, some of these same people will later be diagnosed with cancer. Others will have heart attacks, strokes, or other circulatory conditions. Many will end up with breathing impairments due to emphysema.

The worst part of it all is that not only do these people end up with potentially deadly diseases, but they know in the end that they were responsible for it!

An equally tragic situation is experienced by the survivors of people who die from smoking-related illnesses. Many ex-smokers go back to smoking because of encouragement from family and friends who continue to smoke. Often they are people who quit because they were disease-free and wanted to stay healthy.

Initially, because of nicotine withdrawal, they are nervous and crabby. Soon the spouse, kids, or others are saying, "If this is what you are like as a nonsmoker, for heaven's sake, go ahead and smoke!" It may seem to be a good idea at the time, but consider how the relative or

friend feels later when the smoker gets cancer or has a heart attack and dies. The guilt is tremendous.

Sometimes the beliefs or statements made by smokers sound irrational, as if they have a real death wish, but there is nothing wrong with the person—it's really the drug speaking. Fear of withdrawal or an inability to cope with life without cigarettes results in a defense mechanism to justify the habit.

“I'm Addicted”

Some smokers say they smoke because they are nervous. Others say they smoke to celebrate. There are those who think that smoking give them energy, and many believe they look sexy. Others smoke to stay awake, or to go to sleep, or even just to think.

None of these reasons satisfactorily explains why people continue smoking. However, the answer is quite simple: smokers smoke cigarettes because they are smokers. More precisely, smokers smoke cigarettes because they are smoke-aholics.

A smoke-aholic, like any other drug addict, has become hooked on a chemical substance. In the cigarette smoker's case, nicotine is the culprit. Users have reached a point where failure to maintain a minimum level of nicotine in the bloodstream leads to the nicotine abstinence syndrome, otherwise known as drug withdrawal. Anything that makes them lose nicotine makes them smoke.

This concept explains why so many smokers feel the need to smoke in stressful situations. Stress has a physiological effect on the body and causes urine to become acidic. When urine is acidic, the body excretes nicotine at an accelerated rate. Thus, when a smoker encounters a stressful situation, he loses nicotine and goes into drug withdrawal.

Most smokers feel that when they are nervous or upset, cigarettes help them calm down. The calming effect, however, is not relief from the emotional strain of the situation. Instead it is an effect of the nicotine supply being replenished and ending the drug withdrawal.

It is easy to understand why a smoker lacking this basic knowledge of how stress and nicotine are related might be afraid to give up smoking. They feel that they will be giving up a very effective stress management technique. But once they give up smoking for even a short period of time, they will become calmer—even under stress—than when they were smokers.

The reason physiological changes in the body cause a person to smoke are difficult for some smokers to believe. But nearly all smokers can relate to other situations that alter the excretion rate of nicotine.

Ask a smoker what happens to his or her smoking consumption after drinking alcohol. You can be sure he or she will answer that it goes up. If asked how much his or her consumption rises, the normal reply is that it doubles or even triples when drinking.

Smokers are usually convinced that this happens because everyone around them is smoking. But if they think back to a time when they were the only smoker in the room, they will realize that drinking still caused them to smoke more.

Alcohol consumption results in the same physiological effect as stress—acidification of the urine. The nicotine level drops dramatically, and the smoker must light one cigarette after another—or suffer drug withdrawal.

For smokers who are considering quitting, it is important to understand these concepts. Once it is clearly understood how smoking makes the body crave more smoking, then they will fully appreciate how much simpler life can become as an ex-smoker.

Once a smoker stops, the nicotine begins to leave the body, and within two weeks all the nicotine will be gone. At that point, with nicotine totally gone from the body, all physical withdrawal symptoms will cease. They will no longer experience states of withdrawal when encountering stress, drinking, or just going too long without a cigarette.

In short, they will soon realize that all the benefits they thought they derived from smoking were false effects. They will realize that they did not need to smoke to deal with stress, or while drinking, socializing, or working. Everything done as a smoker can be done as a nonsmoker, and in most cases, these activities can be done more efficiently and make you feel better while doing them.

The ex-smoker will become a more independent person, and that is a great feeling to have and a major accomplishment. But no matter how long he or she is off smoking, or how confident he or she feels about the accomplishment, the ex-smoker must always remember that he or she is a smoke-aholic.

Being a smoke-aholic means that as long as you don't take a single drag off a cigarette, cigar, or pipe, or chew tobacco, you will never again become hooked on nicotine.

If, on the other hand, the ex-smoker does make the tragic mistake of experimenting with any nicotine product, it will only reinforce the addiction. This will result either in returning to the old level of consumption or having to experience the full-fledged withdrawal process again. Neither situation is fun to go through.

“I'm Stressed Out. Smoking Helps Me Relax”

Why not consider other forms of relaxation? Because they don't work as well as smoking. Smokers hold onto their cigarettes like babies hold onto their favorite blankets or toys. Both are crutches that we use when we don't want to face a situation. Feel pressured at work? Have a smoke... Stressed out at home? Have a smoke... Too many bills to pay? Have a smoke, and it'll all be fine.

But as long as anyone continues to develop physically, emotionally, intellectually, professionally, or spiritually, they will experience growing pains. Adults are prone to hurt, pain, sadness, depression, and anxieties just as children are.

These feelings are all necessary if we wish to continue developing our minds and bodies. Without growth, we can not experience happiness, satisfaction, contentment, or purpose to the fullest extent possible.

Smoking because you're stressed only adds more stress. You feel increased pressure because you've partaken in an activity that you know is bad for you, but you are unable to stop. When you smoke due to excessive stress, you are transferring blame elsewhere instead of attributing it to where it belongs—your addiction.

When you are stressed out, your body will react in normal ways. When you use a cigarette to alleviate that stress, you're creating other stresses that will have to be addressed eventually as well.

Smoking can't solve any of life's problems. No matter what the problem is, there are always other ways to help yourself besides picking up a cigarette.

“I've Smoked So Much For So Long, Why Bother?”

The only function of this excuse is that it is a bargain against your decision to quit. You are trying to convince yourself that it is okay to back out of any commitment you've made to quitting your habit. Your head knows that quitting is what you should do, you know it's the right move, but you feel powerless in the battle that lies ahead of you.

You see others who have successfully quit—even after three packs a day for 35 years. You start to become jealous of them because they did it, and you just don't see how you can go through the whole process without losing your mind.

We've already told you before that quitting smoking improves your quality of life within an hour—and even more as time passes without cigarettes. In most cases, it doesn't matter how much you smoked or for how long. But you owe it to yourself to take the first step to getting healthy and starting to live again.

“I Only Smoke When I Drink”

So you think you can give it up at any time, right? Wrong! That's how it starts: you're having cocktails with friends, one of them smokes, and so you have a puff because the alcohol has numbed your sensibility. Pretty soon you're bumming cigarettes off anyone you can find. And then you buy your first pack.

You keep telling yourself that it's only when you drink, but this is where the problem really begins. You begin drinking just so you can justify having a smoke. Now you're not only damaging your body with nicotine, but with alcohol as well.

Let's say you get control of the whole alcohol thing. What about the smoking? You start using alcohol in a different way, saying that you can't give up both vices all at once. So you continue to smoke to offset the difficulty you're having quitting drinking.

It's a vicious cycle, and we guarantee that eventually you'll have another drink, and the smoking will continue, and you're right back where you started: I only smoke when I drink. Yeah, right!

These reasons are all just excuses that keep you from stopping your habit. Believe me, I've uttered more than one of them myself. Like so many others, I knew I should quit, but I found myself powerless to do so. Why?

WHY IS IT SO HARD TO QUIT?

As we've mentioned before, cigarettes contain thousands of chemicals. The most addictive of those is nicotine. Nicotine addiction can be as serious an addiction as that to any other drug, including heroin, crack, or cocaine.

And nicotine addiction can be equally as deadly. In fact, if you total the number of people who die yearly of all the other addictions combined, it would not add up to the number of premature deaths attributed to cigarette smoking.

Until recent times, the idea of nicotine being a physiologically addictive substance was controversial in the global medical community. For a drug to be considered addictive, it needs to meet certain criteria. First, it must be capable of inducing physical withdrawal upon cessation. Nicotine abstinence syndrome is a well-documented and established fact.

Second, tolerance to the drug must be shown to develop over time. Increasingly larger doses become necessary to achieve the same desired effects. Smokers experience this phenomenon as their cigarette consumption gradually increases from what was probably sporadic and occasional use to a daily consumption of one or more packs.

The third criterion is that an addictive substance becomes an all-consuming necessity in the user's life, usually resulting in what would be considered anti-social behavior.

Many have argued that cigarette smoking fails to fulfill this third requirement. While it's true that most smokers do not resort to deviant behaviors to maintain their habit, this is because most smokers manage to easily obtain the full complement of cigarettes they need to satisfy the addiction. However, when smokers are deprived of this easy accessibility to cigarettes, the situation changes.

But if nicotine leaves your system within just a few days, and the withdrawal lasts only that long as well, why is it so hard to quit for good? The reason is primarily psychological.

People sitting in at smoking clinics are amazed at how resistant smokers are to giving up cigarettes. Even smokers will sit and listen in sheer disbelief to the horror stories told by other participants.

Some smokers have had multiple heart attacks, circulatory conditions resulting in amputations, cancers, emphysema, and a host of other disabling and deadly diseases. How in the world could these people have continued smoking after all that?

Some smokers are fully aware of how smoking is crippling and killing them, but they continue to smoke anyway. A legitimate question asked by any sane smoker or nonsmoker is, “Why?”

The answer to such a complex issue is really quite simple. The smoker often has cigarettes so tightly entwined into his lifestyle, it seems like giving up smoking will mean giving up all those activities associated with cigarettes.

Consider that these activities include almost everything he does from the time he awakes to the time he goes to sleep. Life would seem like it wasn't worth living as an ex-smoker. The smoker is also afraid he will experience painful withdrawal symptoms as long as he deprives himself of cigarettes. Considering all this, quitting smoking creates a greater fear than dying from smoking.

If the smoker were correct in all his assumptions of what life as an ex-smoker is like, then maybe it would not be worth it to quit. But all these assumptions are wrong.

Since these beliefs are deeply ingrained and are conditioned from the false positive effects experienced from cigarettes, trying to convince a smoker that the opposite is true can be quite an uphill battle. But there is life after smoking, and withdrawal does not last forever.

The smoker often feels that he needs a cigarette in order to get out of bed in the morning. Typically, he feels a slight headache when he awakes, and he feels tired, irritable, depressed, and disoriented. He is under the mistaken belief that all people awake feeling this way, but it is his addiction that is the cause.

He feels fortunate, though, because he knows a way to stop these horrible feelings. He smokes a cigarette or two. Then he begins waking up and feels human again. Once he is awake, he feels he needs cigarettes to give him energy to make it through the day. When he is under stress or feels nervous, the cigarettes calm him down. Giving up this wonder drug seems ludicrous to him..

Another major reason to consider quitting smoking is one that we haven't touched on much yet: the effect of your cigarettes on other people.

SECONDHAND SMOKE

Many militant smokers claim their rights as a smoker in the name of America. But what is being done about the rights of the nonsmoker? Doesn't anyone ever think about those people?

Ten years ago, secondhand smoke was seen as a minor irritant that could make your job uncomfortable or ruin your dinner at a fancy restaurant. But recent studies now suggest that for some people, secondhand smoke can be deadly.

Secondhand smoke contains the same poisons that are present in the smoke that is inhaled through the cigarette—chemicals such as formaldehyde, arsenic, cyanide, radioactive compounds, and benzene and carbon monoxide.

In fact, the smoke that the smoker doesn't inhale may contain higher amounts of these poisons. This is because the inhaled smoke is burned at a higher temperature which destroys some of the toxins, and the smoke is filtered through the cigarette itself.

The U.S. Environmental Protection Agency estimates that passive smoking—being in the presence of a spouse or coworker who smokes—causes about 3,000 lung cancer deaths each year. Passive smoking accounts for as many as perhaps 30,000 to 50,000 deaths annually from heart disease in nonsmokers.

Passive smoking also causes a host of nonfatal health problems, such as burning eyes, hoarseness, throat irritation, sneezing, headache and nausea. Those with asthma, hay fever, sinusitis, emphysema, and other health conditions are especially sensitive to the effects of cigarette smoke.

Asthma and bronchitis are aggravated in people who are exposed to cigarette smoke, especially for children under 18 months of age. Children of smokers also have an increased chance of developing serious lung problems, such as asthma, bronchitis, and pneumonia.

We personally know of people who have never smoked a cigarette in their lives but have been diagnosed with emphysema, lung cancer, or cardiovascular disease. What was a common factor among them? They each lived with a heavy smoker. That alone seems a lot more than coincidental!

Why are we telling you all of this? Because you need to quit smoking! The health benefits are obvious, the money we'll save is huge, we'll gain more societal acceptance, and we'll feel so much better about ourselves. So where should we start?

GETTING STARTED

First, let's both recognize that this process is going to be REALLY DIFFICULT! It may be one of the most difficult undertakings we've ever started.

We're getting ready to bombard you with all sorts of tips, tricks, and advice collected from experts and those who've already quit. Take and use what you need, but be sure to read all of it. Then refer back to the book as often as you need to—and we're pretty sure you'll need to quite often!

The first thing you need to do is commit to **START**:

S = **Set** a quit date.

T = **Tell** family, friends, and coworkers that you plan to quit.

A = **Anticipate** and plan for the challenges you'll face while quitting.

R = **Remove** cigarettes and other tobacco products from your home, car, and work.

T = **Talk** to your doctor about getting help to quit.

We're going to be going through all sorts of hard things on this road toward a nicotine-free life. The five steps outlined above are a great way to start.

When you SET a quit date, you are telling your body, your mind, and those around you that, effective on that day, you will no longer be a smoker. Without a quit date, you leave the door wide open to starting right back up again. Think of that day as walking through a door, slamming it behind you, locking it tight, and throwing away the key.

When you TELL people you are quitting, they will become your support system when you feel weak. Most people don't like to disappoint those close to them. If everyone around you knows you're committing to becoming a nonsmoker, chances are very good that if they see you light up, they'll be there to remind you of your commitment.

ANTICIPATING the obstacles you will face will give you more tools when the time comes to combat them. For some people, giving up cigarettes means just not smoking. For most smokers, however, that just isn't possible. When you make a plan as to how you will deal with the cravings and/or psychological hurdles, you can employ the methods you've thought about and put them into play.

Physically, it's going to be tough. Expect one or more of the following symptoms:

- restlessness
- irritability
- tiredness
- trouble sleeping
- difficulty concentrating
- feelings of frustration and anger

- dizziness (may only last 1-2 days in the beginning)
- depression and moodiness
- headache
- increased appetite

These symptoms can present themselves within a few hours of the last cigarette and peak 2-3 days after that. These symptoms can last for a few days to a few weeks, but don't get discouraged! Realize that these symptoms are your body's reaction to being deprived of something it has been used to having for quite some time. Be patient. They will subside.

You should not keep anything around you that will remind you of your previous life. REMOVE all ashtrays, lighters, matches, cigarettes, and so on from any places you frequent. This means your home, car, and office. When those mementos of your smoking days are gone, you're more likely to forget you were a smoker—at least that's the idea!

When you TALK to a doctor, he or she can give you all sorts of help on your journey. There is a wide range of medical advice that your doctor can share about stopping smoking. And there are even some anti-depressants that contribute to helping smokers quit. While you may be hesitant to use this type of help, it could be effective for you and is worth exploring with your doctor. It may help you feel a heck of a lot better in the long run!

Here are some other tips for you to consider when deciding not to smoke anymore:

- Be realistic. Quitting is not an easy undertaking. It requires effort, determination, and commitment.
- Accept the fact that you need to quit. Do not deny the adverse health effects that you are unnecessarily putting yourself and those around you through.
- Be prepared for anxious and resistant feelings. Since nicotine is habit-forming, just thinking about quitting may make you feel anxious. This is quite common, so give yourself a specified amount of time to identify and move beyond these feelings.
- Work on developing the attitude that you are doing yourself a favor by not smoking. Do not dwell on the idea that you are depriving yourself of a cigarette. You are ridding yourself of the smoking habit because you care enough about yourself to want to do it.
- Be proud that you are not smoking.
- Be aware that many routine situations will trigger the urge for a cigarette. Situations which will trigger a response include: drinking coffee, alcohol, sitting in a bar, social events with smoking friends, card games, the end of meals, and so on.
- Try to maintain your normal routine while quitting. If any event seems too tough, leave it and return to it later. Do not feel you must give up any activity forever. Everything you

did as a smoker, you will learn to do at least as well, and probably better, as an ex-smoker.

- Make a list of all the reasons you want to quit smoking. Keep this list with you, preferably where you used to carry your cigarettes. When you find yourself reaching for a cigarette, take out your list and read it.
- Consider yourself a smoke-aholic. One puff and you can become hooked again. No matter how long you have been off the habit, don't think you can safely take a puff!
- Don't debate with yourself about how much you want a cigarette. Ask yourself how you feel about going back to your old level of consumption. Smoking is an all-or-nothing proposition.
- Save the money you usually spend on cigarettes, and buy yourself something you really want after a week or a month. Save for a year, and you can treat yourself to a vacation.
- Practice deep-breathing exercises when you have a craving.
- Go places where you normally can't smoke, such as to the movies or the library, and always choose to eat in the no-smoking sections of restaurants.
- Remember that there are only two good reasons to take a puff once you've quit. First, you can decide you want to go back to your old level of consumption until smoking cripples and then kills you. Or you decide you really enjoy withdrawal, and you want to make it last forever.
- Take quitting one day at a time, even one minute at a time—whatever you need to do to succeed and find support! Imagine someone telling you to smoke 7,300 cigarettes today. You'd call them crazy! But if they told you to smoke a pack a day for one year, you'd say "No problem." Likewise, if you worry about not being able to smoke tomorrow because you quit today, you may find yourself panicked and unable to quit. Deal with today, and let tomorrow take care of itself.
- Develop a quit plan that works best for your needs.
- Talk to your doctor or health professional to help develop a plan.
- Enlist the help of family and friends by telling them about your plans.
- Ask others who have quit how they handled their withdrawal symptoms, both the psychological and the physical ones.

- Learn new behaviors. If you've tried quitting before, identify what did and didn't work for you. Build on your strengths and discover new techniques.
- Keep a journal or log before you quit. Identify places or situations where you smoke most often, when you smoke, with whom, and why. After four or five days, review your diary to identify patterns of particular feelings and circumstances that trigger your cravings for a cigarette.
- Begin with an ending. Before you start a trip, you'd better know where you're going. In Stephen Covey's book *The 7 Habits of Highly Effective People*, one of the seven habits is "Begin with the end in mind." In other words, get a clear vision in your mind—and even on paper—of what you want and where you want to be. This may seem contradictory to our previous advice of not worrying about tomorrow, but these two principles work hand-in-hand. By knowing clearly what you want to achieve, you can relax in the day-to-day details of accomplishing your goal.
- Realize that there will never be a perfect time to quit. Don't wait for "perfect," because it will never come. Do the best you can with what you know today. Great achievers don't magically know all the answers when they begin some new undertaking. The process, the action, and the investigation that they experience brings the answers and the achievement. You need to begin the process of quitting today whether or not you know how. You will learn by doing. You may not quit permanently the first time you try to quit. That's okay! You will learn what YOU need to know to quit permanently next time. Great achievers take massive action. Take action!
- Plan some distractions for yourself. When you stop smoking, you are dramatically altering your normal daily activities. You'll have extra time that you used to spend smoking. Make sure you have something to occupy the former smoking periods. If you normally smoke after meals, plan to do something else, like work on a puzzle, walk for 10 minutes, read a book—the possibilities are endless!
- Get plenty of rest. You may feel tired after you stop. That's normal for many people who stop smoking. Don't fight it. Get extra sleep and allow your body to do the work it needs to begin rebuilding itself.
- Drink lots of water. Water is essential to life. Water flushes and cleans the body. Make sure your body has plenty of water to get the nicotine and toxins flushed from your system. Drinking water can also help satisfy oral cravings you may have after you cut out the cigarettes.
- Stay away from other smokers—at least until you're strong enough to be around them. Your smoking buddies at work probably don't want you to stop smoking because they may miss your company, but also because they will probably feel guilty about their own smoking weaknesses. They'll try to pull you back in to smoking if you give them a

chance. So don't! Make a clean break from other smokers. Stay away from bars, smoking sections in restaurants, and other places where you could be exposed to smoke and other smokers.

Above all else, **START** now! Don't put it off any longer. Do you really want to be sitting in a doctor's office and hear the word "cancer," knowing it was because you couldn't quit smoking. The reality is that you can! If you do it now, before your body rebels, you'll be better for it.

Most smokers are afraid of specific things they may encounter during this journey. At the top of most lists is not knowing what they'll do when a craving occurs. Here are some tips.

FENDING OFF THE ADDICTION

Having plans to cope with cigarette cravings in advance will help keep you on the path to successfully quitting smoking.

- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Drink a glass of cool water. In fact, drink lots of water. It will help hydrate your body and make you feel a lot better!
- Suck on a hard candy. Lifesavers, Altoids, and mints are some common suggestions—just pick something you will enjoy.
- Take several deep, calming breaths. Sit quietly, close your eyes, and clear your mind of extraneous thoughts. At each exhale, picture all of the unhealthy toxins from cigarettes leaving your body as you continue to be smoke-free.
- Prepare, sip, and savor a cup of soothing herbal tea or hot cocoa.
- Go for a walk, or get busy with a task.
- Take a shower.
- Avoid spicy and sugary foods. They tend to enhance the cravings for cigarettes.
- Brush your teeth.
- Call a supportive friend or family member.
- Do things to reduce your stress. Take a hot bath, exercise, or read a book.

- Read about smoke-free living and others' success stories. Log onto a website that promotes smoke-free living, or keep some printed support materials handy that made a special impact on you. This will help remind you of the benefits you will receive from quitting smoking—and what the alternatives are if you don't. Reading the stories of others who have successfully quit will help you stay committed to your goal.
- For the first few days after you quit smoking, spend as much free time as possible in public places where smoking is not allowed, such as libraries, malls, museums, theaters, restaurants without bars, and churches.
- Don't drink alcohol, coffee, or other drinks you associate with smoking. Try drinking a variety of other liquids instead, like different types of waters or fruit juices. This may be the time to indulge in some interesting teas you have never tried.
- If you miss the feeling of having a cigarette in your hand, use a substitute. Hold a pencil, a paper clip, a coin, or a marble, for example.
- If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, sugarless gum, or celery.
- Avoid temptation by staying away from situations you associate with pleasurable smoking.
- Find new habits, and create a nonsmoking environment around you.
- Anticipate future situations or crises that might make you want to smoke again, and then remind yourself of all the important reasons you have decided to quit. To reinforce these reasons, you may want to put a picture of your children up in your workplace or keep one handy in your purse or wallet.
- Take deep, rhythmic breaths similar to the act of smoking in order to relax, but picture your lungs filling with fresh, clean air.
- Remember your goal and the fact that the urges to smoke will eventually pass.
- Think positive thoughts about how awesome it is that you are quitting smoking and getting healthy, and try to avoid negative ones.
- Brush your teeth, and enjoy that fresh taste.
- Do brief bursts of exercises, like alternating tensing and relaxing your muscles, doing pushups, doing deep knee bends, walking up a flight of stairs, or touching your toes.
- Eat several small meals during the day instead of 1 or 2 large ones. This helps maintain constant blood sugar levels in your body, which in turn keeps your energy in balance and

helps prevent the urge to smoke. Avoid sugary or spicy foods that may trigger a desire for cigarettes.

- Above all, reward yourself. Reward yourself frequently if that's what it takes to keep going. Plan to do something fun for doing your best.

What about the times when you start feeling frantic? Those are the moments when the stress just gets to you so much, and you feel there's no way possible you can make it through this "no smoking" hell..

- Keep oral substitutes handy, such as carrots, pickles, apples, celery, raisins, or gum.
- Take 10 deep breaths, and then hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it is a cigarette as you put it out in an ashtray.
- Learn to relax quickly and deeply. Make yourself go limp. Visualize a soothing, pleasing situation, and get away from it all for a moment. Concentrate on that peaceful image and nothing else.
- Light incense or a candle instead of a cigarette.
- Tell yourself, "No." Say it out loud. Practice doing this a few times, and listen to yourself. Some other things you can say to yourself might be, "I'm too strong to give in to smoking," "I'm a nonsmoker now," or "I don't want to let my friends and family down."
- Never allow yourself to think, "One won't hurt," because it may.
- Wear a rubber band around your wrist. Whenever you have a thought about smoking, snap it against your wrist to remind yourself of all the unpleasant reasons that made you want to quit in the first place. Then remember that you will not always need a rubber band to help you stay in line with your plans to quit. Smile at yourself then go get an apple or walk outside and breathe in the fresh air. Or start a conversation with your coworker or neighbor that has nothing to do with you.

Try busying yourself with hobbies or other activities that will take your mind off of smoking. These can include:

Hobbies and Crafts

- playing (or learning) a musical instrument
- reading a book
- starting a collection (stamps, coins, or shells are a few examples)
- doing puzzles, such as crosswords, jigsaws, sudoku
- starting a journal or scrapbook

- organizing photos
- knitting or sewing
- writing (books, poems, articles, journaling)

Relaxing

- reading a newspaper or magazine
- meditating
- listening to a relaxation tape
- taking a nap
- listening to music

Being With Others

- calling an old friend
- having someone over for dinner or to watch movies
- going out to eat
- joining a group or club
- having a family get-together

There are many ways to stop smoking. A lot of hardcore nonsmoking advocates say the best way to quit is to go cold turkey—just stop and never start again. As you might imagine, this sounds like the most difficult way. But many advocates say it is, in fact, the best way!

COLD TURKEY—MORE THAN JUST FOR SANDWICHES

To many people, going cold turkey conjures up visions of torturous pain, suffering, and general drudgery. In fact, it is easier to stop smoking using the cold turkey method than by using any other technique. Cold turkey induces less suffering and creates a shorter period of withdrawal. Most important, cold turkey is the approach that gives the smoker the best chance of success.

Smokers must recognize that they are drug addicts. Nicotine is a powerfully addictive drug. Once someone has smoked for a fairly long time, his or her body requires maintenance of a certain level of nicotine in the bloodstream to feel normal.

If this level is not maintained, the smoker experiences varying degrees of drug withdrawal, and the lower the level of nicotine, the greater the intensity. As long as any nicotine remains in the bloodstream, the body will keep craving its full complement.

Once the smoker quits, the nicotine level eventually drops to zero, and all physical withdrawal ceases. Cravings for an occasional cigarette may continue, but this is due to old habits and not to a physical dependence.

Cutting down on cigarettes or using some kind of nicotine replacement strategy throws the smoker into a chronic state of drug withdrawal. As soon as the smoker fails to reach the minimum requirement of nicotine, the body starts demanding it.

As long as there is any nicotine in the bloodstream, the body will demand its old requirement. Smoking just one or two a day or wearing a patch which is gradually reducing the amount of nicotine being delivered will result in the smoker not achieving the minimum required level and creates a chronic state of peak drug withdrawal.

This state will continue throughout the rest of the smoker's life, unless one of two steps is taken to rectify it. First, the smoker can stop delivering nicotine altogether. Nicotine will be metabolized or totally excreted from the body, and the withdrawal symptoms will stop forever. Or the smoker can return to the old level of consumptions, having accomplished nothing.

Therefore, cold turkey is the method of choice. Once the smoker stops, withdrawal will end within two weeks. The rest of the process involves changing the way you think and avoiding cigarettes and the temptation that they provide.

Many people are also afraid of gaining weight when they don't have the calorie-free oral fixation that a cigarette provides. Weight gain isn't a necessary reality of quitting smoking—you can take steps to prevent it.

GIVING IT UP WITHOUT GETTING IT BACK

Weight gain is not the direct result of quitting smoking. It is more often what happens when a person substitutes one type of oral gratification or method of self-soothing (smoking) with another (eating).

Smokers weigh less because smoking depresses the appetite for certain foods, while quitters—whose appetites are no longer suppressed—gain weight because they take in more calories.

Nicotine may also alter the smoker's metabolism so that their bodies burn more calories and convert fewer calories into fat. In addition, smoking serves as a meal terminator. Rather than taking a second or third helping or choosing dessert, you are likely to stop eating and have a cigarette instead.

Not everyone who quits smoking will gain weight. However, The California Smokers' Helpline reports that people who quit smoking gain an average of 5 pounds. This may or may not be true for you.

Some people do not gain any weight after quitting smoking. The good news is that the potential for weight gain can be minimized if smoking cessation is accompanied by a moderate increase in physical activity and a plan that incorporates alternative coping strategies. Some tips to help prevent weight gain when quitting smoking include:

- Nurture yourself. Commit to treating yourself with care instead of turning to cigarettes, food, or alcohol to calm you down. Learn new ways to self-soothe when you begin to feel stressed or anxious.
- Eat healthy, varied meals. Eat plenty of fruits and vegetables, and limit your fat intake. Avoid fried and high-fat foods. Seek out low-fat options that look appetizing to you—and that you will actually eat!
- Alter your eating routine. Practice these mealtime and between-meal tips:
 - Take smaller portions – encourage this by using smaller plates.
 - Eat slowly and try to be the last one finished.
 - Put your fork down between bites.
 - Drink a large glass of water with each meal and take frequent sips between bites.
 - Serve fruit for dessert or skip dessert altogether.
 - Get up from the table as soon as you finish.
 - Terminate your meal with a nonsmoking activity, such as taking a walk, brushing your teeth, or washing the dishes.
 - Stock up on raw vegetables for healthy between-meal snacks.
 - Go to bed earlier to avoid the temptation to snack.
- Drink lots of water. Increasing your daily water intake (6-8 eight oz. glasses are ideal) will help you to feel full and deter you from eating when you're not hungry. Water will also help flush toxins from your body.
- Take a walk. Not only will it help you burn calories and keep the weight off, but walking will also help alleviate feelings of stress and frustration that accompany smoking withdrawal.
- Go easy on yourself and be proud of yourself for quitting. Quitting smoking is not an easy thing to do, but it is essential for living a long, healthy life. Acknowledge that what you are going through is challenging, and take pride in the fact that you're committed to taking better care of yourself and those close to you.
- Accept yourself for who you are. If you have quit smoking, then accept yourself as someone who has taken a turn to better health.
- Avoid alcohol, or limit yourself to 1 drink a week. Alcohol can make you fat at the wrong places.
- Avoid eating past 9 PM. The body's metabolism slows down at night, so food consumed past this hour will take longer to digest.
- Instead of having three main meals a day, spread them out to six smaller meals throughout the day. This can help you maintain a high metabolism and you can burn

more calories.

- Do some moderate form of regular exercise. If you have not been exercising regularly, consult your physician for a practical exercise program which is safe for you. Some suggestions for activities include:
 - walking or jogging
 - biking
 - hiking
 - swimming
 - doing aerobics
 - going bowling
 - playing soccer
 - playing tennis
 - playing volleyball
 - playing softball
 - karate or judo
 - yoga

Activities around the Home

- gardening
- cooking, grilling, or baking
- organizing/cleaning out the basement, garage, or attic
- organizing a yard sale
- painting/redecorating rooms
- washing/waxing the car

Going Out

- going fishing, hunting, or camping
- having a picnic
- going shopping
- getting a manicure or pedicure
- going for a leisurely drive
- going to a garage sale or yard sale
- going to a library or bookstore
- going to a museum
- going to the movies

Even if you still gain weight, always remember that it is nothing compared to what smoking will do to your health over time. Furthermore, preventing weight gain is much easier than quitting smoking. As long as you quit smoking, everything else will look easy.

One of the worst parts of quitting is being around other people who smoke. The urge to light up will be the worst during these times. While it's not realistic to stay away from EVERYONE who smokes, there are ways that you can stay strong.

IF THEY JUMPED OFF A BRIDGE, WOULD YOU?

For the first few weeks of your nonsmoking venture, it's a very good idea to avoid other people who smoke altogether. This is going to be difficult, especially because, over the years, you've tended to gravitate toward those people who DO smoke because you had something in common with them.

You probably won't be popular for awhile, and you might even take your share of ridicule. But remember why you decided to quit in the first place, and then don't tempt yourself until you're a bit stronger.

It's a common problem: You are trying your best to quit smoking, but everyone around you still smokes. If you have a spouse or other family member who smokes, you are exposed to smoking every day. If your coworkers smoke, you probably have smokers around you at least five days per week. If your friends smoke, you'll be exposed to smoking whenever you get together to have some fun.

So how do you maintain your resolve to quit when everywhere you look, you see someone lighting up? How do you deal with the personal conflicts that can develop when *you* quit, but your family, friends, and coworkers don't?

First, you must acknowledge that you may be all alone in your efforts to quit smoking. This solitude may be frustrating, and even counter-productive, but you must accept the fact that the people around you are not going to quit smoking just because you are.

In fact, they may try to coerce or encourage you to start smoking again. When you quit, you may be placing pressure to quit smoking on the people in your life, however unintentional that pressure may be. They may resent your change or are frightened by what you are doing. Their natural, perhaps unconscious, response may be to make quitting more difficult for you.

So prepare yourself for the loneliness you may feel when you quit. Prepare yourself for the backlash that you may receive from the smokers around you. Be prepared to forgive and forget.

Next, take time to talk to the smokers in your life. Ask them for a few minutes to discuss the fact that you are quitting smoking. Sit down and let them know how very important quitting is to you.

Tell them that you need their support, and ask them to be considerate whenever they want to smoke. Make sure they understand that you are quitting for you, not for anyone else. Make sure they understand that you do not expect them to quit because you are quitting. Invite them to quit with you, but make it clear that quitting must be their *own* decision.

Lay out some ground rules that everyone can live with regarding where and when they will smoke. Make it clear that you don't expect them to totally change their smoking habits, but that you need their cooperation as you quit.

Set clear times and locations for them to smoke, or make sure you have someplace you can comfortably retreat to should the smoker in your life need to light up. Make sure you have something in another room that can distract your attention if someone starts smoking near you. Try a new hobby or have a book on-hand—whenever you need to get away from the smoke.

When you get together with friends, you may find that the activities you participate in naturally involve smoking. Try going to a bar or bowling alley without having smoke all around you—unless you live in an area where smoking is banned indoors.

You may find it necessary to adjust what you do with your friends in order to help you avoid being placed in a smoking situation. Try activities that are outdoors or that involve exercise. Go places where smoking isn't allowed. If your friends are truly your friends, they'll understand and want to accommodate your needs.

Avoiding smoke at work may be difficult if your workplace allows smoking indoors. If necessary, request that your work area be moved to a nonsmoking area at your office. You may also ask to have your entire office declared "smoke-free." Consider getting an air filter to help remove the smell of smoke where you work.

If you have grown accustomed to your smoking breaks and the smoking buddies at your workplace, you face another type of withdrawal beyond nicotine withdrawal: friendship withdrawal. Chances are, if you've worked someplace with a designated smoking area for any length of time, then you have made quite a number of friends who are "smoking buddies."

If you're going to quit smoking successfully, you're going to have to remove yourself from the smoking area. Naturally, this means removing yourself from the friends you've made there. Realize, however, that just because you don't smoke with these people, you don't have to stop being friendly.

Let your smoking buddies know that you are quitting and that you won't be joining them any longer. But also let them know you wish to continue your friendship. Exchange phone numbers if necessary, and try to get together for lunch or other times convenient to both of you.

Quitting smoking even when other people around you are smoking doesn't have to be difficult or a strain on interpersonal relations. Take some time to create an atmosphere where everyone knows that you are quitting and that you need their cooperation to succeed.

At the same time, be considerate of the other smokers by giving them the freedom to smoke when they so choose. Working together with family, friends, and coworkers, you can quit!

But how do you get the support you need from those around you? Try showing them the following section.

BECAUSE I LOVE YOU

Many people are clueless as to how they can support a family member or friend in their bid to quit smoking. Other than a few “Way to go!” pats on the back, any real help is beyond their normal thinking. Share the following list of ways they can help you kick the habit.

- Don't offer advice. Instead, ask how you can help with the plan or program they are using. Respect that the quitter is in charge. This is their lifestyle change and their challenge, not yours.
- Don't take the quitter's grumpiness personally during his or her nicotine withdrawal. The symptoms will pass in about two weeks.
- Celebrate along the way. Quitting smoking is a **BIG DEAL!** Give lots of rewards and praise for getting through a day, a week, a month, or a year—or even more—of not smoking.
- Ask the person whether he or she wants you to call or visit regularly to see how he or she is doing. Let the person know that it's okay to call you whenever he or she needs to hear encouraging words.
- Help the quitter get what she or he needs, such as hard candy to suck on, straws to chew on, fresh veggies cut up and keep in the refrigerator, and so on.
- Spend time doing things with the quitter to keep his or her mind off smoking, like going to the movies or taking a walk to get past a craving, known by many as a "nicotine fit."
- If the smoker relapses, praise him or her for trying to quit and for whatever length of time (days, weeks, or months) they have gone without smoking. Encourage him or her to try again! Instead of saying "If you try again . . ." say, "When you try again . . ." Studies show that most people who don't succeed in quitting are ready to try again in the near future. Encourage him or her to learn from the attempt. Things a person learns from a failed attempt to quit may help him or her be successful in a future attempt.

Be understanding. Smokers do not smoke because they are stupid. They don't smoke because they are mean or obnoxious and wish to hurt their families and friends. They smoke because they are human, and as humans we all make mistakes.

One mistake that all smokers are guilty of is experimentation with a highly addictive and dangerous drug—nicotine. Many of them took up smoking long before any dangers were known. When they realized the dangers, they may have attempted to quit, but for some it is not easy. They are hooked on a drug, and it will take strong resolve and a support system to overcome the initial difficulties encountered during the quitting process.

The best support that a significant other can provide is to offer love, patience, and understanding, and to try to make the smoker's life as easy as possible over the first few days. The smoker who has given up cigarettes may have severe emotional outbursts and be irritable, depressed, and even irrational.

These are all the effects of nicotine withdrawal. Some family members and friends will encourage them to take up smoking again rather than act like that. But if they were recovering alcoholics, no one would be offering them drinks. If they were reacting to chemotherapy, they would not be begged to give it all up and sacrifice their lives for the family's momentary comfort.

Unfortunately, many friends and family members often do not take smoking cessation seriously enough. We are not talking about giving up a simple little annoyance, such as nail biting. We are talking about a powerful and deadly addiction. They are dealing with a real physiological need as well as a strongly-ingrained psychological dependence.

Offer as much encouragement you can. Be tolerant of their temporary emotional outbursts. They will soon return to normal, and you will have the personal satisfaction of knowing you helped them through one of the greatest challenges of their lives—giving up cigarettes.

Speaking of relapse, it could happen. It's a reality. Nicotine is a drug that you won't easily forget. Some smokers who've been without a cigarette for years say that they never really lose the desire to have just one smoke here and there. So what do you do if you give in to that urge?

I TRIED, I REALLY TRIED

Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. Identify what it was that triggered your desire to smoke again, and then come up with an alternative way to cope with the trigger.

Don't beat yourself up for one cigarette. Don't even beat yourself up for a few cigarettes. You're only human. You can only do so much. Sometimes the power of the drug is too hard to resist.

Forgive yourself for the relapse, and get right back up on the wagon. Read the suggestions in this book as you start over again. People make mistakes. The key is to not let it get you down.

Just because you have smoked one, or two, or ten, or a whole pack, you haven't become a smoker again. You've simply relapsed, and now you can begin again.

Have we made ourselves clear? Don't beat yourself up! Forgive yourself and start over again. It's really that simple.

There are many tools out there to help you quit, and an awful lot of people choose to use artificial means in helping them quit smoking. While some people are completely against this option, others have said they wouldn't have been able to quit any other way. So let's explore these cigarette substitutes.

THEY BLINDED ME WITH SCIENCE

The trend toward no smoking has been followed by a marketing frenzy of products to help you quit. You see the ads on television and hear them on the radio. There are money-off coupons in your local paper for "quit smoking aids." It seems like everyone has the next best product to help you quit smoking.

Some people believe these products are lifesavers. Others think they are just a crutch and won't lead to complete cessation. Although we made our case for cold turkey above, we still feel we should address the other aids out there that might help you kick the habit. Who knows? They may be just what you need.

Pharmacological approaches to quitting smoking are called Nicotine Replacement Therapies (NRT), and they involve "replacing" the nicotine in a cigarette with another form of the drug. This helps relieve some of the withdrawal symptoms people experience when they quit smoking. The U.S. Food and Drug Administration (FDA) has approved five medications to help you quit smoking:

- Bupropion SR: Trade names include Wellbutrin® SR, Zyban®, Budeprion™ SR. All are available via prescription only. These NRT methods are antidepressants that assist in relieving withdrawal symptoms and are most effective when used in combination with a supervised stop-smoking program
- Nicotine gum: Trade names include Nicorette® among others. These chewing gums are available over the counter and are most effective when used in combination with a supervised stop-smoking program.
- Nicotine nasal spray: Trade name is Nicotrol® NS. This nasal spray is available by prescription and is most effective when used in combination with a supervised stop-smoking program
- Nicotine patch: Trade names include Nicotrol®, Prostep®, Habitrol®, Nicoderm®. Available both in prescription and over the counter strengths, these skin patches are most

effective when used in combination with a supervised stop-smoking program.

- The new Commit lozenge is a cough drop-like aid that provides a specific dose of nicotine.

Generally, NRT is intended for short-term use and allows you to focus on the psychological aspects of quitting while minimizing the physical symptoms of withdrawal. It is not intended to be the only method used to help you quit smoking, and it should be combined with other smoking cessation methods that address the psychological factors of smoking.

There are also alternative approaches to quitting smoking that do NOT involve NRT. These approaches tend to be favored because they do not involve taking the very chemical that you are trying to get away from. These include:

- Hypnosis. Smoking cessation is one of the most popular medical uses of hypnosis. Hypnosis helps a person learn to deeply relax, be open to suggestions that strengthen the resolve to quit, and increase negative feelings toward cigarettes. Ask your doctor if he or she can recommend a good hypnosis practitioner in your area.
- Acupuncture. One of the oldest medical systems, acupuncture is believed to work by stimulating the energy flow in the body. Acupuncture is believed to help trigger the release of endorphins (naturally-occurring pain relief substances) that allow the body to relax. By helping the body become more balanced, acupuncture can be helpful in managing physiological withdrawal symptoms. Ask your doctor, a family member, or a friend if he or she can recommend a good acupuncture practitioner in your area.
- Behavioral Therapy. Because so much of nicotine addiction is related to the habitual behaviors (“rituals”) involved in smoking, learning to change the automatic nature of those behaviors is often a standard approach to a smoking cessation program. Working with a therapist or counselor, you can learn new ways to cope with the underlying reasons why you've smoked in the past and break through habitual patterns.
- Nicotine Vaccination. A number of vaccines for the prevention and treatment of nicotine addiction are currently under development and being tested in clinical trials. NicVAX, for example, works by triggering the body’s immune system to block nicotine from reaching the brain, and it is expected to work for a year following injection.

Please remember that NRT is controversial and not for everyone. For those of us with little to no willpower, they can be lifesavers. You have to do your research and figure out what’s right for you in your bid to stop smoking. What doesn’t work for one person might be a wondrous cure for another.

But no matter which approach you take, you want to surround yourself with positive support system that will help you achieve your goal. There are some amazing groups out there ready to help you along the way towards a nonsmoking lifestyle, so let’s take a look at some of

them.

ADDITIONAL RESOURCES

You can get amazing support through various help lines and message boards. All you have to do is look, and you will find the help you need, whether it's online or on the phone. Here are a few suggestions as to where you should start.

Call the North American Quitline Consortium at 1-800-QUIT-NOW (1-800-784-8669). They will direct you to a quitline where you can receive support and counseling, smoking cessation medications at low or no cost, printed support information, web-based interactive counseling, and more.

The California Smokers' Helpline at 1-800-NO-BUTTS is another free service. You are able to speak with a counselor over the phone about how to quit smoking. The counselor listens to you and helps you come up with a plan that will work for you.

Check your local newspaper for groups in your area. If you can't find one, consider starting one yourself. Hundreds of people decide every day to quit smoking, and we're willing to bet there're a few around where you live! Advertise in the local paper and wait for the calls. If you start it, they will come!

Take a smoking relapse prevention class or a smoke-free workshop. Contact your local health department, hospital, or medical center to see if they offer classes on smoking relapse prevention. Your local college might also offer these services to the community.

Contact your local American Cancer Society (ACS) office, or call the American Cancer Society at 1-800-ACS-2345 to find out what resources might be available to you. Local ACS offices can provide guidance for finding support near you.

Go to Google and type in the words "smoking support groups" to find message boards and online friends who are there for you and willing to help. You will probably end up helping them as much as they help you!

Finally, we want to give you some lists of our own to help you along your way towards becoming a nonsmoker.

Self-Help Materials:

The following organizations offer quitting kits and free brochures with guidelines and tips on quitting:

American Cancer Society (Fresh Start Program): 1-800-952-7664 X4664

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American Lung Association: (617)272-2866

National Cancer Institute: 1-800-4-CANCER

Cambridge Tobacco Education Program: (617)349-6353

Mass. Tobacco Education Clearinghouse: (617)482-9485

Tobacco Education Clearinghouse of California: 1-800-258-9090

IV. Web Resources:

American Cancer Society

<http://www.cancer.org>

American Lung Association

<http://www.lungusa.org>

National Cancer Institute

<http://cancernet.nci.nih.gov>

Try-To-Stop TOBACCO Resource Center of Massachusetts
(for Massachusetts residents only)

<http://www.trytostop.org>

The following amazing websites were referenced in researching this book:

www.about.com

www.quitsmoking.com

www.quit.com

www.americancancersociety.org

SUCCESSFUL QUITTERS

Have you ever heard the saying that the best way to succeed is to follow those who have succeeded? Smokers who have quit smoking successfully share common characteristics. Here are the perfect characteristics of a successful quitter.

- Successful quitters believe in themselves. They totally believe that they have the choice and ability to quit smoking for good.
- Successful quitters are completely motivated to quit smoking. They have made the decision to do whatever it takes to overcome the habit completely and do not recognize the option of turning back.
- Successful quitters refuse to go back on their decision to quit smoking. They throw away their lighters, ashtrays, and cigarettes and let everyone know that they are quitting smoking. They create for themselves the courage and spirit to quit smoking completely.
- Successful quitters are honest with themselves and refuse to make excuses that "justify" smoking. They accept the dangers and realities of smoking.
- Successful smokers set a quit date and stick to it. Once they have chosen this date, they stop making excuses to prolong their smoking habit.
- Successful quitters accept full responsibility for their smoking habit. They no longer blame their parents, friends, or tobacco companies. They accept their faults and are determined to change them.
- Successful quitters admit that they may need help and support to quit smoking.
- Successful quitters plan their quitting process carefully. They write down their goals and quit dates and engrave this information into their minds.
- Successful quitters are persistent and determined to quit smoking, even it takes them several attempts before they finally quit for good.
- Successful quitters usually have quit friends to support them. These may be people helping them quit smoking or people who are quitting smoking at the same time.
- Successful quitters are determined to tolerate the initial discomfort of quitting smoking, knowing that they will be rewarded with a lifetime of freedom and better health.
- Successful quitters change their focus towards better health. They begin exercise programs and alter their diet.
- Successful quitters know the benefits of drinking water—lots of water—and discipline themselves to do so.

- Successful quitters are willing to try smoking cessation aids to help them ease the process of quitting smoking.
- Successful quitters help others quit smoking. They develop a sense of duty to share their achievement with others because they understand their plight. Unsuccessful people on the other hand are always asking, "What's in it for me?"
- Successful quitters reward themselves. They treat themselves for their achievement in as many ways as they can.
- Successful quitters never, ever take another puff of a cigarette, no matter what it takes or whatever situation they are in. They know that just one puff is harmful and can ruin everything they have done so far.

Remember, the best way to succeed in any quest is to follow the footsteps of someone who already has succeeded before you. If you do this right, you too can quit smoking just like any of them.

THE BEST REASONS TO QUIT SMOKING

Here's a list of 50 reasons for quitting smoking. Some are scientifically based, some a stretch. Which one is your reason for quitting smoking?

1. I'll have fewer wrinkles.
2. After the first year, I'll have saved enough for a Caribbean cruise.
3. I save myself the embarrassment of having bad breath.
4. After the second year, I can bring someone with me for a Caribbean cruise.
5. I'll still be around to see my grandchildren.
6. I won't have to worry about early impotence.
7. I won't need to eat in the smoking section anymore.
8. There are programs that can help me.
9. I no longer need to spend time in counseling.
10. I'll live longer and healthier.
11. I won't feel like a leper in public.
12. I won't have to worry about how smoking is ruining my health.
13. The average person tries to stop smoking at least four times before succeeding. I may be on time number two or three, but I am better than average.
14. I won't have to lie to my children to hide my smoking habit.
15. My fingers won't get frostbitten when I go outside.
16. I'll be able to exercise more.

17. I'll soon have the same life expectancy as a nonsmoker.
18. My spouse won't get emphysema.
19. I'll cough less.
20. I'll be able to taste and smell food again.
21. My children will have fewer ear and respiratory infections.
22. My lipstick won't smudge.
23. I won't have to wonder if my date is bothered by cigarette smoke.
24. My teeth will be much whiter.
25. I won't waste time looking for a smoking area all the time.
26. No more wheezing.
27. I won't have to listen to sarcastic talk, like how much I taste like an ashtray during a kiss.
28. There are other safer and more effective ways of maintaining my weight.
29. My plants won't turn brown.
30. My baby is so much safer with and at a lower risk for Sudden Infant Death Syndrome.
31. My fingers won't turn yellow.
32. I have more pocket space.
33. My lungs won't look like burnt BBQ beef.
34. No more burning holes in my clothes.
35. My spouse will be less likely to develop heart disease or lung cancer.
36. I'll have to pull off the road only when I need gas.
37. My car won't reek of stale smoke.
38. I won't ever need to breathe oxygen through a nasal tube.
39. My house won't reek of stale smoke.
40. My unborn child is safer from fetal defects.
41. I won't reek of stale smoke on my clothes and hair.
42. I'll be able to play with the little ones without gasping.
43. I won't have to feel isolated or unaccepted anymore.
44. No more craving cigarettes on airplanes.
45. I'll have more energy to do all the things I want to do.
46. I'll save money on lighters and matches.
47. I'll make new friends who see me as who I am.
48. I'll be taking back full control of my life.
49. I'll be a good role model for my children and the others I care for.
50. I know that I can quit smoking for life if I want to, and I have the ability to choose not to smoke.

And, of course, we would be remiss if we didn't provide you with some motivational quotes. **AND THEY SAID:**

Success is not the key to happiness. Happiness is the key to success.
—Albert Schweitzer

Be happy that you're going to be a nonsmoker!

The test of a successful person is not an ability to eliminate all problems before they arise, but to meet and work out difficulties when they do arise. We must be willing to make an intelligent compromise with perfection lest we wait forever before taking action. It's still good advice to cross bridges as we come to them.
—David Joseph Schwartz

Don't worry about what might happen, plan for what will!

Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.
—Booker T. Washington

Smoking is just an obstacle you have to overcome—not an obstacle to stop you!

*Even if at first you do succeed,
you still have to work hard to stay there.*
—Richard C Miller

Even if you relapse, stay with the program, and work even harder the next time.

The secret of success is learning how to use pain and pleasure instead of having pain and pleasure use you. If you do that, you're in control of your life. If you don't, life controls you.
—Anthony Robbins

Don't let smoking control you—you control the smoking.

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's when you've had everything to do and you've done it.
—Margaret Thatcher

Like a day when you've made it without a cigarette!

I have not failed 700 times. I have not failed once. I have succeeded in proving that those 700 ways will not work. When I have eliminated the ways that will not work, I will find the way that will work.

—Thomas Edison

You know what works for you, even if it takes trial and error.

The dictionary is the only place where success comes before work.

—Unknown

You have to work at not smoking. Then you will succeed.

Our doubts are traitors, And make us lose the good that we oft may win, By fearing to attempt

—William Shakespeare

Don't doubt your ability to quit. Try, and watch yourself win!

Success is relative. It is what we can make of the mess we have made of things.

—T. S. Eliot

There's always a way to make life better. Your life will be better without cigarettes.

CONCLUSION

There are hundreds of thousands of smokers out there. Every single one of them knows they shouldn't be doing it. I defy you to find me one person who thinks that smoking is actually good for them in every way.

The cold, hard truth is that smoking damages our bodies, our minds, our relationships, and our place in society. Any rational person would agree that taking steps to maintain something as precious as life should be undertaken as soon as possible!

It won't be easy—actually, it'll be hell for awhile. But there are so many tools out there to help you cope.

We've shown you how smoking harms you. We've shown you how that damage can be reversed. The time to quit is now—before it gets any worse. Here's to a smoke-free life, my friend!

Affirmations for Quitting Smoking

Barbara E. Savin

Affirmations are thoughts and statements of acceptance that you can use to allow the manifestation of your destiny. They are powerful and positive.

When using positive affirmations, you first need to eliminate the negativity around you. You must believe that **YOU CAN** manifest your destiny. It must be a positive, powerful belief—not just a half-hearted “maybe I’ll try and see if this works.” Affirmations, combined with hypnosis, are a helpful tool in creating the life you want.

- ✓ **Before You Begin.** Decide which area of your life you want to improve and what it is you need to do it.
- ✓ **Use the present or past tense.** Do not use the future tense. You want your mind to know what you want has already happened.
- ✓ **Be Positive.** Use the most positive terms you can. Never think or say anything negative in affirmations.
- ✓ **Write Them Down.** As you learn to do affirmations, write them down so you will remember exactly what you want to say. Keep them short and very specific. Personalize them with your name.
- ✓ **Believe.** Always believe that what you are saying is happening. The more you believe the stronger the affirmation.
- ✓ **Repeat.** Repetition sets the positive affirmation in your head and your unconscious being.
- ✓ **Set a specific daily time.** Build a habit out of your meditations, affirmations, and visualizations.
- ✓ **Create Your Own.** Choose the ones that feel right for you. A few examples are listed on the following pages to get you started.

You may allow these empowering words to move through your mind and your heart and to fill you with the necessary determination to succeed:

- ☺ I am choosing to move away from cigarettes.
- ☺ I smoke fewer and fewer cigarettes each day.
- ☺ I am on my way to being free of cigarettes forever.
- ☺ I remain relaxed as I quit smoking.
- ☺ My appetite remains stable as I quit smoking.
- ☺ I am achieving and remaining at my ideal body weight as I quit smoking.
- ☺ My ability to breathe and my athletic endurance are dramatically increasing as I quit smoking.
- ☺ I am developing healthy stress-coping mechanisms, such as exercise, creative arts, and healthy friendships, as I quit smoking.
- ☺ I now handle my life situations in a confident, peaceful manner.
- ☺ Each day I feel a little bit happier, a little bit more creative, and a little bit more confident.
- ☺ I wake up knowing that I will never again smoke a cigarette.
- ☺ I look forward to that day because it will be one of the best days of my life.
- ☺ Each day, the part of me that has wanted to smoke is getting smaller and weaker, and the part of me that wants to be free of cigarettes forever is getting bigger and stronger.
- ☺ The part of me that wants to smoke is on its way to disappearing completely.
- ☺ I am on my way to quitting smoking forever.
- ☺ I am taking control of my life and my behavior.
- ☺ I am fully aware of how horrible cigarettes are.
- ☺ I am moving freely away from cigarettes and other toxins.
- ☺ I am eager to quit smoking forever.
- ☺ It is easier every day to quit smoking forever.
- ☺ I continue to picture myself in the future as a nonsmoker.
- ☺ Everything in my life is easier as I become a nonsmoker.

- ☺ I see myself moving toward and achieving my goals in a peaceful, focused manner, letting nothing get in my way.
- ☺ I look forward to enjoying the extra time and money I will have when I quit smoking.
- ☺ I know I will be a better role model when I quit smoking.
- ☺ I know I will feel very proud of myself when I quit smoking.
- ☺ I am glad I have decided to quit smoking, because I know it dulls my senses and impairs my immune system's ability to function.
- ☺ I know how great it will be to wake up free of nagging coughs and the other signs which have indicated to me how dangerous cigarette smoking is to my body.
- ☺ My heart and lungs function better as I quit smoking.
- ☺ I have more energy when I am free of the toxins and poisons that cigarette smoking leaves in my body.
- ☺ My stomach feels better when I quit smoking.
- ☺ My heart, stomach, and lungs cry out for me to quit smoking forever.
- ☺ I am making better decisions as I quit smoking.
- ☺ I feel more powerful and happy because I am quitting smoking.
- ☺ I know that I look less attractive with a cigarette hanging out of my mouth.
- ☺ I know that smoking makes me stink, it makes my home stink, and it makes my car stink.
- ☺ I know that I am more socially acceptable as I quit smoking.
- ☺ All the things I do to fulfill my goals give me pleasure.
- ☺ My goal of becoming a nonsmoker is well within my reach and will soon be achieved.
- ☺ I sleep well at night, and I awaken happy and refreshed.
- ☺ My subconscious regulates my energy system perfectly.
- ☺ The energy level in my body remains safe and comfortable.
- ☺ I am thrilled that my awareness is expanding.
- ☺ I am delighted to have made important realizations.
- ☺ I automatically block negativity others attempt to inflict upon me.
- ☺ I only accept advice that is truly useful.
- ☺ My body is becoming leaner, stronger, healthier, and more attractive each day.
- ☺ I have complete control of my body and mind.

- ☺ I am mentally alert, emotionally stable, and physically strong.
- ☺ I think clearly and act in my own best interest.
- ☺ I forgive myself for anything I have done wrong in the past.
- ☺ I forgive anyone who has wronged or injured me or anyone I care about, as appropriate.
- ☺ Healthy foods taste better to me now.
- ☺ I have developed an appropriate distaste for cigarettes, alcohol, and sugary, salty, toxic, and high-fat foods.
- ☺ I am very aware of which foods create health and weight loss, and which foods create weight gain and detract from my health.
- ☺ I select healthy foods and I prepare them deliciously in ideal portions.
- ☺ I enjoy drinking fresh, pure, satisfying water.
- ☺ Water makes me feel full and relaxed.
- ☺ Healthy foods give me energy and satisfy my appetite.
- ☺ Exercise relaxes me and awakens my passion, creativity, and vitality.
- ☺ Exercise helps me to lose excess weight and to maintain my health.
- ☺ Exercise is fun.
- ☺ My immune systems operate most effectively when I am not a smoker.
- ☺ I am very aware of my behavior.
- ☺ I treat my body in a loving and respectful manner, by feeding it the most nutritious foods, by drinking water, and by exercising regularly.
- ☺ I notice all the beauty in nature around me.
- ☺ I feel profound peace.
- ☺ I am moving away from all negative influences.
- ☺ I am becoming a superb role model.
- ☺ I am more creatively inspired each day as a nonsmoker.
- ☺ I am proud of the fact that I will soon be a nonsmoker.
- ☺ I remained focused on my stop date.
- ☺ I know that on my stop date I will easily become a nonsmoker.
- ☺ I know that on my stop date, I will delightedly become a nonsmoker.
- ☺ I know that my stop date will be a day of joyful celebration.

- ☺ I am about to be reborn as a non-smoker.
- ☺ I feel a sense of relief as I approach my stop date.
- ☺ I know the horror of smoking will soon be over.
- ☺ I know the joy of behaving in line with my highest good will soon be mine to fully embrace.
- ☺ I am eager to quit smoking.
- ☺ I am taking control of myself, my life, and my actions.
- ☺ My feeling of self-preservation is ever expanding.
- ☺ Feelings of confidence, peace, and security now flourish inside me.
- ☺ I know deep within that I have the ability to do anything I set my mind to do.

Think about your goal date for stopping smoking.

I pledge to myself that I will stop smoking on _____

Now sign this as a commitment to yourself: _____

Date signed: _____

Today is my day!!!!

I have punished myself long enough. This is my contract for life, freedom, happiness, and health. I choose to be a nonsmoker, and make a commitment to health and freedom. I choose to value my life, my health, and my loved ones, and I hold these values as sacred. I make a commitment to freedom, without hesitation, without reservation, and with the highest respect for my mind and body. On this day, I am a permanent, natural nonsmoker. I value my freedom, and in signing this contract, I hold myself to the highest level of commitment.

***CONGRATULATIONS!
YOU ARE FREE!!!***

Put the following letter in a sealed envelope, and when you are finally free, open it.

Feel free to change it as you see fit and print a copy for yourself.

Congratulations!

You have kept your commitment, and you know that you have what it takes to be a permanent nonsmoker. Please take time right now to meditate or pray in gratitude. There is no greater power than that of gratitude for allowing and accepting wisdom, strength, and choice into your life. If you believe in a higher power, give gratitude to your higher power. Give thanks for the strength and beauty you feel as a healthy, whole, spiritual being. If you do not pray to your creator, take this time to meditate and honor yourself. Somewhere within you is your own higher power. Ask that this higher power guide you and bless you as you accept your gift of life. Life is a gift. You are alive, healthy, and strong. The day you were born was the day when a miracle occurred. You were born here to fulfill a purpose. To fulfill that purpose, you were given a mind . . . and that mind can create unlimited possibilities and express your true purpose. Please, right now, close your eyes and thank your higher power or your higher self for helping you to be healthy and strong. You are a spiritual being in a physical body. Your physical body cannot thank you enough for the gift you have given it. There is nothing more sacred, nothing more valuable, than your health. You can buy only so much with money, but you cannot buy the cure for lung cancer, emphysema, or heart disease. Medicine can prolong your life, but for most, this means that they are only prolonging the suffering. **YOU ARE DIFFERENT.** You made a choice. This choice you made to be a nonsmoker was a result of your own strength and integrity, as a person who honors the integrity and commitment of having free choice. You are reading this message because of your success in keeping your commitment. How good does it feel **now** to know **you have what it takes**? Today, find some way to express your commitment to your health. Perhaps you would like to take a walk in nature, or plant flowers, or help someone else without expecting anything in return. Maybe you would like to call someone and mend a hurt. Perhaps you will send a card to someone just because it would mean so much to them to know that you care. Bless your life, bless your family, and bless your friends. We do not walk this life alone, and every one of us needs a helping hand. Be that helping hand for someone today if that feels right for you. Choose the one thing that you will do today to honor your health and your commitment to yourself. Do

not let the sun set without carrying through with this act of gratitude. Give thanks for the gift you are giving yourself:

The gift of the power of your word!



Barbara E. Savin is a passionate person who cares about helping people through the use of preventive and natural health care. Her impressive credentials include being a Natural Healthcare Practitioner, Energy Healing Specialist, Gentle Energy Touch Master/Teacher, Certified Reiki Master/Teacher, and Certified Master/Teacher of Magnified Healing, Prana Practitioner, Healing Touch Level I, and Certified Clinical and Medical Hypnotherapist.

Barbara is the author of “*A Simple Guide to Learn Energy Healing Level One and Level Two*” and “*Reclaiming Your Power: Dealing with Difficult People*” and “*50 Tips for Living a Healthy Life*” Barbara has also recorded hypnosis CDs (produced by Four Seasons Hotels) for relaxation, self-confidence, insomnia, weight loss, empowering your potential, and many other topics, as well as other CDs focusing on hypnosis for BES Publishing. She is a member of the National Guild for Hypnotherapists and the American Board of Hypnotherapy.

In January 2007 Barbara was hired as a consultant for the new, innovative property California Health & Longevity Institute, Inc., which was founded through partnership between Mr. David H. Murdoch, chairman and sole owner of Dole Food Company, Inc.; WellPoint, Inc-Anthem, the nation’s largest healthcare provider; and renowned geneticist Andrew Conrad, Ph.D. The property is managed by the Four Seasons in Westlake Village, California. About CHLI: "A place where individuals and corporations can engage with the best available experts in the fields of nutrition, fitness, life balance and medicine, to improve the quality and longevity of one's life."

Currently, Barbara is the Clinical Hypnotherapist and Energy Healing Specialist at CHLI, and she provides individualized energy healing sessions as well as clinical and medical hypnosis for guests, clients, corporations, groups, celebrities, producers, directors, and for the ABC reality series Extreme Makeover: Weight Loss Edition.

Barbara currently resides in California, and can be reached by email: BarbaraESavin@aol.com or visit the website: www.MotivateYourLife.Net