

how can i give up smoking

How Can I Give Up Smoking: A Practical Guide to Breaking Free

how can i give up smoking is a question many people ask themselves when they realize the toll cigarettes are taking on their health, finances, and overall well-being. Quitting smoking is one of the best decisions you can make for your body and mind, but the journey is often challenging. Understanding the process, adopting effective strategies, and maintaining motivation are key to successfully giving up smoking for good. In this article, we'll explore practical advice and helpful insights on how to quit smoking, manage cravings, and build a healthier lifestyle.

Understanding the Challenge: Why Is It So Hard to Quit Smoking?

Smoking is more than just a habit; it's a complex addiction that involves physical dependence on nicotine and psychological triggers tied to daily routines, stress, and social environments. Nicotine stimulates the brain's reward system, causing pleasure and relieving withdrawal symptoms temporarily, which is why cravings can be intense.

Additionally, smoking often intertwines with emotional habits—like having a cigarette with morning coffee or during breaks at work. Recognizing these triggers and the underlying addiction is the first step when considering how can i give up smoking effectively.

Preparing to Quit: Setting the Stage for Success

Before you quit smoking, preparation is crucial. A well-thought-out plan can dramatically improve your

chances of success.

Set a Quit Date

Choosing a specific quit date gives you a clear goal to work towards. Pick a day within the next two weeks to give yourself enough time to prepare but not so much that you lose motivation.

Identify Triggers and Plan Alternatives

Spend time reflecting on when and why you smoke. Is it stress, boredom, social situations, or after meals? Once you identify these triggers, prepare alternative behaviors like chewing gum, deep breathing exercises, or going for a walk.

Tell Friends and Family

Informing your support network about your quit plan helps build accountability. Loved ones can offer encouragement, and understanding friends will be less likely to offer cigarettes or smoke around you.

Strategies to Quit Smoking

Different methods work for different people. Here are some effective strategies that many have used to successfully quit smoking.

Nicotine Replacement Therapy (NRT)

Nicotine replacement products such as patches, gum, lozenges, inhalers, or nasal sprays provide controlled doses of nicotine without the harmful chemicals found in cigarettes. NRT helps reduce withdrawal symptoms and cravings, making it easier to focus on breaking the psychological habit.

Prescription Medications

Medications like varenicline (Chantix) or bupropion (Zyban) prescribed by healthcare providers can assist in quitting by targeting nicotine receptors in the brain or reducing withdrawal effects. Consult your doctor to see if these options are suitable for you.

Behavioral Therapy and Support Groups

Counseling, whether one-on-one or in group settings, helps address the psychological aspects of addiction. Behavioral therapy teaches coping mechanisms and strategies to resist urges. Support groups also provide a sense of community and shared experience, which can be incredibly motivating.

Cold Turkey vs. Gradual Reduction

Some people find quitting “cold turkey” — stopping all at once — effective, while others prefer reducing cigarette intake gradually. Both approaches can work, but it’s important to choose the one that aligns with your personality and lifestyle.

Managing Withdrawal Symptoms and Cravings

Withdrawal symptoms can be one of the toughest parts of quitting smoking. They typically peak within the first few days and gradually diminish, but knowing how to cope can make a big difference.

Common Withdrawal Symptoms

- Irritability and mood swings
- Increased appetite and weight gain
- Difficulty concentrating
- Insomnia or sleep disturbances
- Coughing and throat irritation as lungs begin healing

Practical Tips to Combat Cravings

- **Stay busy:** Engage in hobbies, exercise, or chores to distract yourself.
- **Deep breathing:** Practice slow, deep breaths to reduce stress and cravings.
- **Drink water:** Hydration can help flush toxins and curb urges.
- **Chew gum or eat healthy snacks:** Keeps your mouth busy and reduces the desire to smoke.
- **Change routines:** Alter activities associated with smoking, like switching your coffee break location.

Building a Smoke-Free Lifestyle

Quitting smoking is just one part of a larger lifestyle shift. To maintain long-term success, focus on creating habits that support your smoke-free life.

Adopt Healthy Habits

Incorporate regular physical activity into your daily routine. Exercise not only improves your mood and energy but also helps manage weight and reduce cravings. Eating a balanced diet rich in fruits, vegetables, and whole grains supports your body's recovery after quitting.

Manage Stress Effectively

Stress is a common trigger for relapse. Developing healthy stress management techniques such as meditation, yoga, journaling, or talking to a trusted friend can make a significant difference.

Avoid Tempting Situations

During the initial quitting phase, try to steer clear of places or social gatherings where smoking is prevalent. If avoiding them isn't possible, prepare yourself with strategies to say no or leave early if necessary.

Leveraging Technology and Resources

In today's digital age, numerous tools and resources can help you on your quitting journey.

Quit Smoking Apps

There are various mobile apps designed to track your smoke-free days, calculate money saved, offer motivational messages, and provide tips for managing cravings.

Online Communities and Forums

Joining online support groups or forums connects you with others going through the same experience. Sharing victories and challenges can boost your morale and keep you accountable.

Helplines and Professional Support

Many countries offer quitlines staffed by trained counselors who provide free guidance and support. Don't hesitate to reach out when you feel overwhelmed or need encouragement.

Quitting smoking is a challenging but achievable goal. By understanding why quitting is difficult, preparing mentally and physically, using effective strategies, and embracing a healthier lifestyle, you can successfully answer the question: how can i give up smoking? Each step forward is a victory, and with persistence, your smoke-free life awaits.

Frequently Asked Questions

What are the most effective methods to give up smoking?

The most effective methods to give up smoking include using nicotine replacement therapies (like

patches, gum, or lozenges), prescription medications, behavioral therapy, support groups, and setting a quit date with a clear plan.

How can I manage nicotine withdrawal symptoms when quitting smoking?

To manage nicotine withdrawal symptoms, stay hydrated, exercise regularly, practice deep breathing or meditation, use nicotine replacement products as directed, and seek support from friends, family, or professional counselors.

Are there any apps or digital tools that can help me quit smoking?

Yes, there are several apps designed to help quit smoking by tracking your progress, providing motivational messages, offering tips, and connecting you with support communities. Popular apps include Quit Genius, Smoke Free, and QuitNow!

How important is support from friends and family when trying to quit smoking?

Support from friends and family is crucial when quitting smoking. Encouragement, understanding, and accountability from loved ones can increase motivation, reduce stress, and help you stay committed to your quit plan.

Can lifestyle changes improve my chances of successfully giving up smoking?

Yes, lifestyle changes such as adopting a healthy diet, regular physical activity, avoiding triggers like alcohol or stressful situations, and finding new hobbies can improve your chances of successfully quitting smoking by reducing cravings and improving overall well-being.

Additional Resources

How Can I Give Up Smoking: A Professional Exploration of Effective Strategies

how can i give up smoking is a question that millions of smokers worldwide grapple with daily. Despite widespread awareness of the health risks associated with tobacco use, quitting remains a challenging endeavor due to nicotine addiction, habitual behaviors, and psychological factors. This article undertakes a comprehensive analysis of the methods, tools, and psychological approaches available to individuals determined to quit smoking. By examining evidence-based interventions, behavioral strategies, and emerging cessation aids, we aim to provide a nuanced understanding for those seeking to break free from nicotine dependence.

The Complexity of Nicotine Addiction

Understanding why the question "how can i give up smoking" is difficult to answer lies first in the nature of nicotine addiction. Nicotine, the primary addictive substance in cigarettes, affects the brain's reward system by releasing dopamine, a neurotransmitter associated with pleasure and reinforcement. This biochemical effect creates a powerful cycle of dependence that manifests not only physically but psychologically, linking smoking to daily routines, social situations, and stress relief mechanisms.

Research indicates that nicotine addiction shares characteristics with other substance dependencies, making cessation efforts multifaceted. Physical withdrawal symptoms—such as irritability, anxiety, and cravings—often begin within hours of the last cigarette and peak within the first few days. Psychological dependence, however, may persist much longer due to ingrained habits and emotional triggers.

Understanding the Triggers and Habits

A critical step in addressing how can i give up smoking is identifying personal triggers. Common triggers include stress, social environments, alcohol consumption, and certain routines like morning

coffee or breaks at work. These triggers often create conditioned responses that prompt the desire to smoke, even after physical withdrawal symptoms subside.

Behavioral modification, therefore, becomes essential. Smokers must learn to recognize and interrupt these automatic patterns to reduce relapse risk. Cognitive-behavioral therapy (CBT) techniques have shown efficacy in helping individuals manage cravings, develop coping strategies, and restructure thought patterns associated with smoking.

Evidence-Based Approaches to Smoking Cessation

There is no one-size-fits-all answer to how can i give up smoking, but scientific research provides several validated methods that increase the likelihood of successful cessation.

Nicotine Replacement Therapy (NRT)

Nicotine replacement therapy includes patches, gum, lozenges, inhalers, and nasal sprays designed to deliver controlled doses of nicotine without the harmful chemicals found in cigarettes. NRT aims to reduce withdrawal symptoms and cravings by easing the transition away from smoking.

Studies show that NRT can increase quit rates by 50 to 60% compared to placebo. However, effectiveness depends on correct usage and combining NRT with behavioral support. Some users may prefer certain forms over others depending on convenience and personal preference, which can influence adherence.

Prescription Medications

Non-nicotine medications such as bupropion and varenicline have been approved for smoking

cessation. Bupropion works by affecting neurotransmitters related to nicotine addiction and mood, while varenicline partially stimulates nicotine receptors to reduce cravings and withdrawal effects.

Clinical trials demonstrate that these pharmacotherapies can double or triple quit rates when combined with counseling. Potential side effects and contraindications must be discussed with healthcare providers, emphasizing the importance of medical supervision during cessation efforts.

Behavioral Interventions and Counseling

Behavioral support, including individual or group counseling, phone quitlines, and digital platforms, enhances the effectiveness of pharmacological treatments. Counseling focuses on motivation, coping strategies, and relapse prevention, addressing the psychological dimensions of nicotine dependence.

Meta-analyses reveal that smokers receiving behavioral interventions are significantly more likely to quit successfully than those attempting unaided cessation. Tailoring counseling to an individual's specific circumstances and preferences further improves outcomes.

Emerging Tools and Alternative Methods

Electronic Cigarettes and Harm Reduction

The role of electronic cigarettes (e-cigarettes) in smoking cessation remains controversial but increasingly relevant to the question of how can i give up smoking. E-cigarettes deliver nicotine through vapor instead of combustion, potentially reducing exposure to harmful toxicants.

Some studies suggest that e-cigarettes may help smokers quit or reduce cigarette consumption, while others caution about the lack of long-term safety data and the risk of dual use. Regulatory bodies vary

in their recommendations, and individuals considering e-cigarettes should weigh potential benefits against uncertainties.

Mindfulness and Complementary Therapies

Mindfulness-based interventions, acupuncture, hypnotherapy, and other complementary approaches have gained attention as adjuncts to conventional cessation methods. While evidence remains mixed, mindfulness in particular shows promise in helping smokers manage cravings and stress by fostering greater awareness and emotional regulation.

Such techniques can be integrated into comprehensive cessation plans, especially for individuals seeking holistic or non-pharmacological options.

Practical Strategies for Sustained Abstinence

For those pondering how can i give up smoking, understanding the practical dimensions of quitting is crucial. Successful cessation often requires preparation, persistence, and adaptive strategies.

Setting a Quit Date and Planning Ahead

Establishing a specific quit date creates a tangible goal and mental commitment. Preparing the environment by removing cigarettes, lighters, and ashtrays reduces temptation. Informing friends, family, and coworkers can build a support network and accountability.

Managing Cravings and Withdrawal

Cravings typically last just a few minutes and can be managed using distraction techniques such as physical activity, deep breathing, or engaging in hobbies. Staying hydrated and maintaining a healthy diet can mitigate withdrawal discomfort.

Addressing Weight Gain and Stress

Weight gain is a common concern among quitters, often caused by increased appetite and metabolic changes. Incorporating regular exercise and mindful eating can counteract this effect. Stress management through relaxation exercises, social support, or professional counseling supports mental well-being and reduces relapse risk.

Monitoring Progress and Handling Relapse

Keeping a journal or using mobile apps to track smoke-free days and triggers helps maintain motivation. Relapse, while discouraging, is a common part of the quitting process. Analyzing setbacks without self-judgment and adjusting strategies can foster long-term success.

- Recognize that quitting is a journey rather than a single event
- Seek professional help if multiple attempts fail
- Utilize community resources such as support groups and quitlines

The question "how can i give up smoking" does not have a simplistic answer, but combining

pharmacological aids, behavioral support, and personalized coping strategies creates a robust framework for cessation. As research evolves and new tools emerge, smokers have more options than ever before to reclaim their health from nicotine addiction.

[How Can I Give Up Smoking](#)

how can i give up smoking: Helping People to Give Up Smoking Can be Easy Fabio Lugoboni, 2012 Why is it so difficult to quit smoking? Often the main obstacle is the fear of failing. The situation is no different for health professionals, especially doctors. They too often stop because of their fear of failure, or get discouraged, thinking they might not have the skills to help people quit smoking. Yet encourage and support patients to stop smoking is one of the primary tasks of the doctor, as you can well understand the harmful consequences of smoking on health. Moreover, the treatment of smoking is not complicated, if you have some basic skills: pharmacologic treatment, patient-doctor communication and motivational interviewing. This book comes from daily practice. The author explains in a very direct way the art of tobaccology, with simulated examples and useful tricks. Current and relevant data on epidemiology, neurobiology of addiction, risks, comorbidity and treatment are then provided.

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how can i give up smoking: The Easy Way to Stop Smoking Allen Carr, 1985-05-16 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading quit smoking expert, Allen was right to boast! This classic guide to the world's most successful stop smoking method is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Praise for Allen Carr's Easyway: I would be happy to give a medical endorsement of the method to anyone. - Dr PM Bray MB CH.b., MRCPG Allen Carr explodes the myth that giving up smoking is difficult - The Times A different approach. A stunning success - The Sun The Allen Carr method is totally unique. - GQ Magazine His method is absolutely unique, removing the dependence on cigarettes, while you are actually smoking. - Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped. - Sir Anthony Hopkins

how can i give up smoking: *How to Quit Smoking* Pílula Digital, 2024-04-01 This book is your definitive guide to breaking free from tobacco addiction. With proven approaches and practical strategies, you'll discover how to break the bonds of smoking once and for all. From tips for dealing with cravings to stress management methods, this book offers a clear, accessible path to achieving a tobacco-free life. If you are determined to say goodbye to cigarettes, the How to Quit Smoking method is your reliable companion on this journey to a healthier, smoke-free life.

how can i give up smoking: [How to Stop Smoking - 30 Solutions to Suit You: Teach Yourself](#) Matthew Aldrich, 2013-04-26 How To Stop Smoking offers anyone who wants to stop honest, balanced and trustworthy advice on how to kick the habit - forever. Written by a former smoker, now personal trainer and health guru, this is a practical guide which demolishes all the reasons for continuing to smoke one by one. It offers a variety of solutions to suit you, and also focuses on such key issues as physical and mental addiction and the questions and issues that surround giving up, and prevent people from doing so. Enjoyable, motivating and fundamentally true, this realistic handbook really will work for you, whoever you are and however much you smoke.

how can i give up smoking: *How to Quit Smoking in Simple Steps! The best easy ways to stop*

smoking(quit smoking tips, quit smoking naturally, benefits of quitting smoking) Richard Foreman, 2015-04-10 Take note that it will be almost impossible for you to tackle this issue alone. You definitely need to enlist the help of your family and your loved ones so you can finally claim victory for this battle against smoking. There are numerous benefits that you can derive just by reading and understanding the contents of this book. For one thing, your raised awareness will help you appreciate the mechanisms of how smoking adversely affects your system. This awareness can help you have reinforced resolve to continue with your plan to quit smoking. Also, the book offers benefits that you can have from quitting this habit. In the long run, this can serve as your motivation to continue with your struggle to quit smoking for good. As for the treatment regimens that you can see in this book, it will be easier for you to openly discuss the topic with your physician because you know what your possible choices for intervention are. Also, this can help you play a proactive role in your treatment of your nicotine addiction. Expressing your intent to quit smoking and proceeding to do so won't be easy, especially if you have been smoking for a very long time. However, you can overcome this habit if you are fully equipped with the right knowledge and discipline. What you need to do now is use the strategies in the book to create your action plan. Pick your quit date and start making the necessary preparations to succeed. I'm telling you, this is so possible. I know it sounds impossible in your mind, I felt exactly the same way when I tried to quit. Your mental fortitude will surprise you, and when you start to feel the results you will question why you ever started smoking in the first place. Save your life, Quit Smoking Now! Here Is A Preview Of What You'll Learn Inside · The Real Cost of Smoking · Benefits of Quitting · How to Avoid Smoking · Tips on Quitting Smoking · Managing Weight Gain after Quitting and the Essential Quitters Diet · Much, much more! What are you waiting for? Take Action Right Away and Start to Breathe Better, Live Better!! Download your copy today for cheap price!

how can i give up smoking: How to quit smoking Melissa Schutter, 2021 Smokers do want to quit smoking and they are waiting for that auspicious day eagerly. But still quitting the smoking becomes impossible for them. They do try but again got caught in the same grip of an addiction. They want to get succeed but again find themselves standing on the same point from where they have started their journey for a good cause. This does not happen with one or two smoker. It is a case with every other smoker. They are trying hard to quit it but are not capable because of the love for nicotine. Nicotine is a deadly drug but its addiction is very powerful. The fortunate thing is that thousands of people are successfully trying to escape its grip and many have already succeeded. They are same people who once have thought that they would not be able to quit. Finally they won over evil and turned their dream into the reality. Their determination has worked for them. You can follow their footsteps too: You need to fulfill the commitment you have done with yourself and with your near and dear ones. The first step you need to do some alterations in your thinking. Be optimist and change way of living a little. The activities you have associated with habit of smoking needs to have some modifications. Just change the way of dealing with them and you will notice a great change in you. You need to associate a good reasoning behind cause of quitting and have to think about good consequences that follow. If you do not feel good about quitting, then you will never be able to quit smoking. You should be mentally as well as emotionally strong to escape this deadly danger. If you properly condition yourself mentally then you can certainly come onto the commitment you have done with yourself. People are generally scared of the withdrawal effects without giving thought to their long term benefits. They never think that pleasures, comforts and enjoyment that they are getting from smoking is short term. These feelings exist at subconscious level. Studies say that we experience 60,000 thoughts a day. Unfortunately most people give rise to the negative ones in that percentage. You must pen down what you think about smoking and its quitting. In general most people including smokers are against smoking. Things will start working effectively if you start applying what you say rather than what you feel.

how can i give up smoking: 100 Questions & Answers About How to Quit Smoking Charles Herrick, Herrick, Charlotte Herrick, Marianne Mitchell, 2009-03-16 EMPOWER YOURSELF! Whether you're a newly diagnosed patient, a friend or relative, this book offers help. The only

volume available to provide both the doctor's and patient's views, 100 Questions & Answers About How to Quit Smoking gives you authoritative, practical answers to your questions about the effects of smoking and the best strategies for quitting the habit. Written by a prominent psychiatrist, with actual patient commentary, this book is an invaluable resource for anyone coping with the medical, psychological, and emotional turmoil of smoking.

how can i give up smoking: *Review and Evaluation of Smoking Cessation Methods* Jerome L. Schwartz, 1987

how can i give up smoking: How To Stop Smoking And Stay Stopped Martin Raw, 2012-02-14 How to Stop Smoking and Stay Stopped is published to support a pan-BBC campaign, Kick the Habit, launching in March 2000 on the subject of addiction. The author takes the line that stopping smoking is a process which can take time and can be difficult but is certainly possible with good planning, determination and a bit of support. How to Stop Smoking and Stay Stopped provides help in all three of these areas. The book begins by explaining just why it is so hard to stop. It describes the importance of motivation and preparation before guiding the smoker through the process from day one onwards. It includes details of the common problems and excuses that smokers will come up against and suggests solutions. As well as information on the various therapies available (both traditional and alternative), the book provides details of where smokers can get further help and support. How to Stop Smoking and Stay Stopped is a practical book, filled with charts, tables and questionnaires. Drawing on 25 years experience in helping people to quit, Martin Raw has written a truly smoker-friendly guide, including case studies examples of how real people have beaten their addiction to encourage the reader to stop smoking and stay stopped! WARNING: This book can seriously improve your health!

how can i give up smoking: *How to Quit Smoking, or Anything Else, Guaranteed* Iman X. Samoka, 2025-05-22 Initially written to break the bondage of smoking, How to Quit Smoking, or Anything Else, Guaranteed teaches how to use "auto-behavior modification," a guaranteed pathway to eliminate smoking and any other self-imposed and undesired behaviors. Eight amusing, entertaining, fun-to-read but authentic vignette narratives throughout the work illustrate key points in designing and implementing your personalized plan to make quitting any behavior easily achievable. Forget everything social conditioning has falsely convinced you to believe about quitting unwanted behaviors. This revolutionary, easy-to-master method can and will do it. The unique method allows participants to complete worksheets, create a personalized plan, and produce self-designed tools to reach their goals. About the Author: Born and educated in the United States, Iman X. Samoka chose to work internationally for much of his career. As an educator, the author lived, worked, and taught in many countries and diverse cultures, allowing him to gain unique experiences that complemented his educational and literary skills. As a middle-aged smoker, he recognized and acknowledged the harmful and damaging effects of smoking long before it became vogue. He set out to remove the smoking ritual from his life by researching and learning everything about why and how so many claim to have tried to quit and failed. A licensed small aircraft pilot, Iman enjoyed the complex challenges of learning to handle aircraft, often commenting that it was the most difficult skill he ever mastered. He applied the same determination to designing a foolproof method to end the misery of being chained to a smoking ritual. While living in Austria, he learned to ski, something he still enjoys without the energy-sapping restrictions experienced as a smoker. After 25 years as an ex-smoker, this method has allowed the author to rediscover the youthful energy and vitality lost to the smoking ritual. He feels energized and enthusiastic in his daily activities, including work responsibilities, plus entertainment, such as weight training, running, and bicycling. He also enjoys skiing and attending theme parks.

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how can i give up smoking: [The Forbidden Pleasure: How to Stop Smoking Even If You Like It?](#) Michael Bush, This guide will help you to give up smoking. You can even smoke while you read,

because this will be your last one :-) There are no scare tactics, you will not gain weight and it will not feel like deprivation. If you do not stop smoking, your money back is guaranteed! Grab your copy now!

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how can i give up smoking: How to quit smoking cigarettes by using the 4:20 system

Larry Lester, 2020-01-14 What is the 420 system? I used the 420 system to quit smoking cigarettes, all across the world, the phrase 420 is used by many cannabis smokers, as a time to smoke cannabis. I had a bad heart attack and was told by my doctor, that I had around 15 years left in my life. And if I did not stop smoking cigarettes, that time would be cut short. Even though this hit hard, I still could not stop smoking, I tried the nicotine gum, the nicotine patches. The pills. Nothing seemed to help. But cannabis did help, and by using it I was able to stop. If you're a person who does not want to get high, there is also an alternative in this book that works just as well. Take a journey with me, and learn how I overcame cigarettes. I will show you in my book step by step, how to rid yourself of those nasty cigarettes forever. If you are tired of being pushed around and controlled. Then this no-nonsense, straight to the point book is for you. Are you ready to start living a healthy life today?

how can i give up smoking: *Stop Smoking Now 2nd Edition* David F. Marks, 2017-05-04 Have you ever tried to give up smoking? Most smokers have. It is even more difficult to avoid relapse - after days, weeks or even years - and the long-term results of many stop smoking programmes are disappointing. But this week-long programme can help you stop smoking for good. Professor David F Marks uses techniques from cognitive behavioural therapy (CBT), which has been proven to be effective by teaching you how to 're-program' your mind to not want to smoke. You will no longer have to rely on willpower alone to give up smoking. By becoming aware of your smoking triggers and dealing with the thoughts and behaviours that lead you to smoke automatically, over the course of a week you will gradually find your cravings disappear altogether. You will learn: · Exercises and strategies to help you regain control from your smoking automatic pilot · Advice on relaxation and stress reduction · How to avoid future relapses · Why alternative approaches such nicotine replacement therapy or e-cigarettes are less effective · Tips on healthy eating and exercise to manage weight Stop Smoking Now will help you not only give up your habit, but help you to remain a non-smoker for life. Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

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how can i give up smoking: *Health for Seniors* Christine Wells, John Redmond, While aging—from middle age and beyond—changes in our bodies occur. Healthy knowledge and behavior can slow down the sand in the hourglass of our lifespan. Degenerative diseases like cancer, heart problems, dementia, balance problems and other conditions that may accompany our golden years can be prevented, minimized or eliminated. This book looks at the many ways that nutrition, exercise and other disease preventatives can aid in living a happier and longer life.

how can i give up smoking: *How to Stop Smoking* Lilly De Sisto, How many times have you thought about quitting smoking? How many times have you tried to kick the habit only to give into your cravings and light up again? I've been there. While there are many books focusing on helping people quit smoking, few have them were created by people who really know what it's like to be heavily addicted to the smoker's lifestyle.. and it really is a lifestyle, isn't it? We smoke to be social, we smoke after a good meal with friends, we smoke to relax, and we even smoke just for the joy of it all.. whether it's a choice or not doesn't matter, we don't all hate smoking, we all just know how incredibly risky it is to keep on doing it. So, we stick on the patch and try our hardest to resist the temptation of lighting up.. when that doesn't work, we try chewing on nicotine gum, only to burn our throats and gag at the flavor that hardly replaces a cigarette.. and after those things fail us miserably, we become guinea pigs to hypnosis or magnetic jewelry, all claiming to be instant

solutions to butting out that last cigarette, permanently. Yet, how many of those things really work? Our cravings are stronger than most of the aids, and despite how seriously committed you are to quitting, without a solid system in place, you are likely going to continue to shell out money trying every new gimmick to hit the market, only to continue right back where you started. But it doesn't have to be that way... For the first time ever, I have written everything I know about smoking, the reasons we do it, the methods we can use to quit and how we can rid ourselves from the powerful control that smoking has over us, without ever having to suffer from withdrawal or worry about relapse.. If you really want to butt out for life, you need to grab a copy of this book and put it into action TODAY.. never again will you ever have to struggle with trying to quit on your own. This guide is a comprehensive system that covers all aspects of smoking, and reveals the critical elements of an effective quit-smoking system that you NEED to know if you want to be successful... Here is just a sneak peek of just some of what's revealed: - Find out why you are really addicted to smoking and exploit this information to your advantage by de-activating triggers that cause you to light up! This is one of the easiest methods of kicking the habit, regardless how much you smoke! - Learn the shocking truth about stop smoking aids, and what really works and what doesn't. Never waste another dime on flaky gimmicks that only cause you to fail every time you try to quit. - Step by step strategy to quitting forever! Follow these time tested, PROVEN techniques to living a healthier, happier, smoke-free life and NEVER suffer from relapse. - Find out how you can eliminate cravings instantly and kick the habit faster and easier than you ever thought possible! You really can become a non-smoker, even if you have been smoking for many years. These insider tips will show you how!

how can i give up smoking: How to Quit Smoking Without Gaining Weight Martin Katahn, 1996-11 Follow Dr. Katahn's advice and kick the nicotine habit without adding those extra pounds--guaranteed. He presents a safe, simple program based on the latest scientific research in metabolism, biochemistry, and smoking cessation. He shows which method of quitting is best suited to your personal situation, which exercises have lasting calorie burning effects, and how eating the right foods will increase your metabolic rate to compensate for the lack of nicotine.

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