

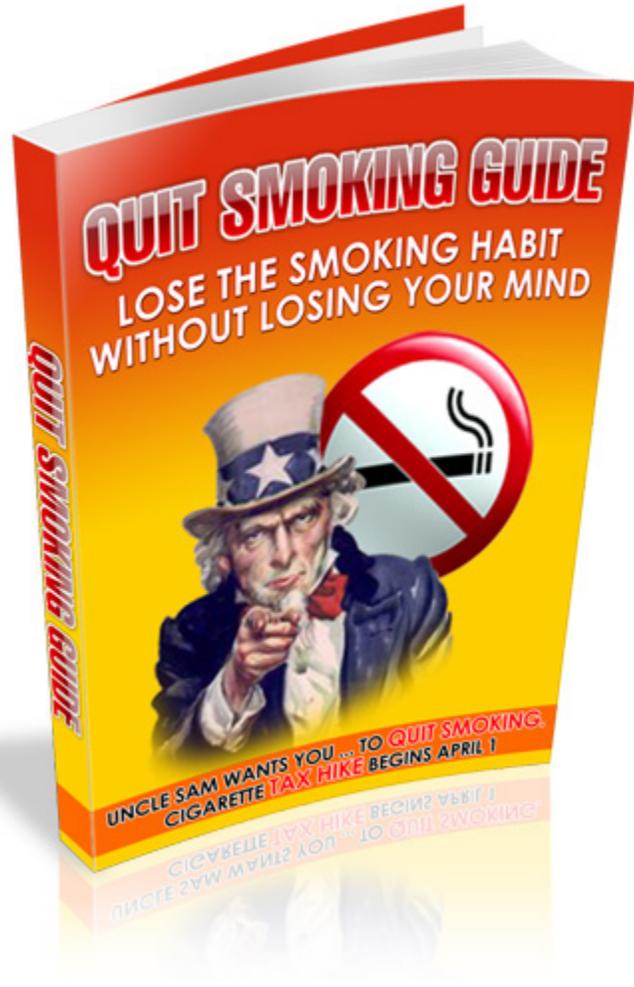


QUIT SMOKING GUIDE

LOSE THE SMOKING HABIT
WITHOUT LOSING YOUR MIND



UNCLE SAM WANTS YOU ... TO QUIT SMOKING! CIGARETTE TAX HIKE BEGINS APRIL 1





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INTRODUCTION

Back in the 1950's, smoking was fashionable. In fact, it was considered commonplace. Back then, you could smoke everywhere – in restaurants, airplanes, grocery stores, even hospitals. A smoker never got a dirty look for lighting up in public. It was the people who DIDN'T smoke who were in the minority.

My, how times have changed!

Smoking is nothing new to civilization. In fact, scientists can determine that as far back as 1000 B.C. People start using the leaves of the tobacco plant for smoking and chewing.

How and why tobacco was first used in the Americas no one knows. The first users are thought to have been the Mayan civilizations of Central America. Its use was gradually adopted throughout the nations of Central and most of North and South America.

From that moment, tobacco production began catching on and tobacco products became readily available throughout the young United States of America. In 1832, the first paper cigarette was introduced.

It is widely believed that the first paper rolled cigarettes were made by Egyptian soldiers fighting the Turkish-Egyptian war. Other historians suggest that Russians and Turks learned about cigarettes from the French, who in turn may have learned about smoking from the Spanish. It is thought that paupers in Seville were making a form of cigarette, known as a 'papalette', from the butts of discarded cigars and papers as early as the 17th century.



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In 1900, Smoking jackets and hats have been introduced for gentleman smokers. After-dinner cigar (with a glass of port or brandy) is now an established tradition in turn of the century Britain. Cigarettes are also a part of life.

In 1950, evidence of a link between lung cancer and smoking is published in the *British Medical Journal*. Research was done by Professor (now Sir) Richard Doll and A Bradford Hill. In 1964, the United States Surgeon General tells Americans that smoking causes lung cancer. Not many people listened.

Shortly after, in 1965, federal law not only prohibits tobacco advertising on television, but they also make it mandatory to include the Surgeon General's warning in print on all cigarette packs. The last radio ads for cigarettes ran in 1971.

The airline industry began making concessions for the anti-tobacco coalition. In 1975, they created separate smoking sections on airplanes causing disturbances with customer everywhere.

The trend continued toward more smoking bans all over the country. Today, there are many towns who are attempting – and some are succeeding – in making their entire towns non-smoking. Anymore, if you are a smoker, you are 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? Research over the years began to indicate certain ingredients in cigarettes that point straight to a highly addictive habit.

Most people who smoke agree that they probably shouldn't be smoking. They know that it's harmful to their health, but they still light up when they get the chance. Many smokers want to



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quit, but think they're powerless against the hold that tobacco has on them.

We're here to tell you, quitting smoking is no walk in the park. It hurts, often physically, but even more emotionally. This "devil weed" takes hold of every part of your life and helps to form your identity. You are a smoker – how in the world will you become a non-smoker?

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 be so glad you suffered the way you did.

This book is intended to address the biggest issues that face people who have decided to quit smoking. My sincere hope is that we can take this journey together. This author is a smoker. Hopefully, as I help guide you, I can help guide myself too.

I truly want to quit smoking. Really, I do. But there is so much holding me back. Circumstances of life, stress, etc. all hinder me from putting down that cigarette and giving it up for good. My mother was a heavy smoker when she was younger. She quit one Super Bowl Sunday after smoking a whole carton in one day. I can't do that. But why do I continue to smoke when I want to quit so bad?

Perhaps it's because I've made it such a huge part of my life. When I'm stressed, I smoke. When I've had a few drinks, I smoke. When I want to relax for just a moment, I smoke. It's not the healthiest way to deal with life, now is it?

I know I need to quit because I have to take several breaks when doing normal, everyday chores like picking up the house. My lungs can't handle the exercise. I can walk a couple of miles at



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the local gym, but I can't haul a few loads of laundry down to the basement without getting winded.

I want to quit because I want to watch my grandson grow up. I want to stick around to torment my kids the way they have tormented me (joking, sort of!). I don't want to die, yet I still partake of an activity that will probably cause me to die eventually. It's insane.

This book probably will be a little disturbing. That's what it's meant to be. When you begin to study the effects of smoking on your body, the scary reality is that what happens IS disturbing. Read with caution, but take note of what is being put down in black and white.

It's going to be a difficult journey. Take my hand and let's do it together!

THE REALITY OF SMOKING

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

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. Cardiovascular disease and emphysema also 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. This heat breaks down the tobacco to produce various toxins.



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As a cigarette burns, the residues are concentrated towards the butt.

The products that are most damaging are:

- Tar is a carcinogen (substance that causes cancer)
- Nicotine is addictive and increases cholesterol levels in your body
- Carbon monoxide reduces oxygen in the body
- Components of the gas and particulate phases 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.

Non-smokers and ex-smokers can also look forward to a healthier old age than smokers.



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There are many major diseases caused by smoking:

- Cardiovascular disease

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 the hardening and narrowing process in your arteries: it starts earlier and blood clots are two to four times more likely.

Cardiovascular disease can take many forms depending on which blood vessels are involved, and all of them are more common in people who smoke.

- Coronary thrombosis: a blood clot in the arteries supplying the heart, which can lead to a heart attack. Around 30 per cent are caused by smoking.

Smokers tend to develop coronary thrombosis 10 years earlier than non-smokers, and make up 9 out of 10 heart bypass patients.

- Cerebral thrombosis: the vessels to the brain can become blocked, which can lead to collapse, stroke and paralysis.
- If the kidney arteries are affected, then high blood pressure or kidney failure results.



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- Blockage to the vascular supply to the legs may lead to gangrene and amputation.
- Circulatory problems are also huge risks from smoking. While most people associate smoking with cancer, even more people die from circulatory problems caused by cigarette smoking than from cancers caused from cigarettes.

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, 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 of 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 non-smokers. This is particularly true of lung cancer, throat cancer and mouth cancer, which hardly ever affect non-smokers.

The link between smoking and lung cancer is clear.

- Ninety percent of lung cancer cases are due to smoking.



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- If no-one smoked, lung cancer would be a rare diagnosis - only 0.5 per cent of people who've never touched a cigarette develop lung cancer. In fact, 100 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 (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 1980's however, lung cancer overtook breast cancer to become the number one cancer death in women.

The more cigarettes you smoke in a day, and the longer you've smoked, the higher your risk of lung cancer. Similarly, the risk rises the deeper you inhale and the earlier in life you started smoking.

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

If you smoke, the risk of contracting mouth cancer is four times higher than for a non-smoker. Cancer can start in many areas of the mouth, with the most common being on or underneath the tongue, or on the lips.



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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

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

- Emphysema - breathlessness caused by damage to the air sacs (alveoli)
- Chronic bronchitis - 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 per cent of cases.

It's estimated that 94 per cent of 20-a-day smokers have some emphysema when the lungs are examined after death, while more than 90 per cent of non-smokers have little or none.

COPD typically starts between the ages of 35 and 45 when lung function starts to decline anyway.



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In smokers, the rate of decline in lung function 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 slow and progressive breathlessness.

- Other risks caused by smoking
 - Smoking raises blood pressure, which can cause hypertension (high blood pressure) - a risk factor for heart attacks and stroke.
 - Couples who smoke are more likely to have fertility problems than couples who are non-smokers.
 - Smoking worsens asthma and counteracts asthma medication by worsening the inflammation of the airways that the medicine tries to ease.
 - 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 per cent more sick days year than non-smokers.
 - Smoking stains your teeth and gums.
 - Smoking increases your risk of periodontal disease, which causes swollen gums, bad breath and teeth to fall out.



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- Smoking causes an acid taste in the mouth and contributes to the development of ulcers.
- Smoking also affects your looks: smokers have paler skin and more wrinkles. This is 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 per cent. 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: nicotine narrows the arteries that lead to the penis, reducing blood flow and the pressure of blood 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 the blood vessels that supply the heart.

Smoking and others

There are many health-related reasons to give up cigarettes - not just for smokers, but to protect those around you.



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Babies born to mothers who smoke during pregnancy are twice as likely to be born prematurely and with a low birth weight.

Passive smoking

The 'side-stream' smoke that comes off a cigarette between puffs carries a higher risk than directly inhaled smoke.

Children who grow up in a home 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 seems to increase the risk of lung cancer, but the evidence for an increased risk of heart disease is not yet conclusive.

The long term health effects 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.

WHEN YOU SMOKE

Lighting up that cigarette may feel like bliss - but what negative effects does smoking have on your body while you are puffing away?



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- 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 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, making your lungs work harder.

The gases from the cigarette harm the tissues of the lungs and the airways. This causes you to cough up more mucous. The excess mucous is a breeding ground for bacteria and viruses, making you 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: it is very rare in non-smokers and at least 80 percent of the deaths from this disease can be attributed to cigarette smoking.¹



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- 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 percent 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, putting 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 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 body 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 percent.³



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- The nicotine kicks in

After approximately 10 seconds of lighting up, nicotine has been absorbed from the lungs into the bloodstream and has been transported to the brain. It stimulates the central nervous system, increasing the heart beat rate and blood pressure: raising the heart's oxygen requirement.

- The blood vessels in your skin constrict

The smoke constricts blood vessels in your skin, making smokers more susceptible to wrinkling. Cigarette smoke released into the environment also has a drying effect on the skin.⁴ 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 the stress you are putting on your body can be a little disturbing, not to mention detrimental to leading a healthy lifestyle.

While smoking has a profound effect on your body – quitting smoking has the same effect – in the opposite way.



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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 being 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. Quit smoking benefits will continue to improve your health and quality of life for years.

When you quit smoking, the benefits begin within minutes of your last cigarette.

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



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At 24 hours:

- chance of a heart attack decreases

At 48 hours:

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

Between 2 weeks and 3 months:

- circulation improves
- walking becomes easier
- lung function increases

So many positive changes occur during the first 3 months of smoking cessation. The worst of nicotine withdrawal subsides within the first month. Now the focus needs to be on learning how to decipher and reprogram the psychological tugs or urges to smoke.

Between 1 to 9 months smoke free:

Starting as early as a 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



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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!

It's 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



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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 beginning a quitting program. Some of your friends may make fun of you and tell you, "No one likes a quitter." The truth is that you'll be able to say it much later in life than they will when you take steps to stop 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 withdrawals (the worst symptoms usually abate in three days or less), but your psychological dependency on cigarettes can be much more difficult to defeat.



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That's why you have to be committed to a program that will help you stick to your commitment to leave cigarettes behind you and become a non-smoker. Probably the best way to start is to work on those psychological barriers that will keep you from succeeding.

One of my favorite techniques to use when facing a big decision is to make a list to help myself realize the reasons why I want to make a change. Usually, it's a pro and con list. When it comes to quitting smoking, compare the reasons why you started smoking and why you want to quit smoking.

So get out a piece of paper and separate it into two columns. Label one with "Why I Started Smoking" and the other with "Why I Want to Quit Smoking".

In column one, 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? Really try to remember the exact reasons why you started smoking and write them all down.

Now look over that list. Do any of those 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, are often just silly, and are easily outweighed by the risks to your health and your family's well-being.



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Then, move on to column two. Start listing all the reasons you want to stop this habit.

This one may seem obvious, but it can be a bit tricky. You really need to take some time and think hard about this. 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 truly have meaning for you.

The things most people write down will NOT help you quit smoking...

- 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 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 hard to convince you that it won't happen to you! Instead, list health problems that you are already experiencing.



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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 the types of things you 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 a little 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 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?



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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!



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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 to pursue smoking cessation as you can think of and write them all down. To quit smoking, you need YOUR reason to kick the nicotine habit.

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



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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.

So with all the information that is out there today, why do people still continue to smoke? Let's look at a few reasons why.

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.

In fact, let's take a quick look at some of the reasons people give for smoking.



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"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 a very 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. She does not enjoy feeling these withdrawals. The only thing that will alleviate these acute symptoms will be a cigarette. The nicotine loss is then replenished and, hence, the smoker feels better. She enjoyed smoking.

A smoker must also be cautious not to exceed his 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 finds himself exceeding his normal level of consumption. He feels sick, nauseous, dizzy and generally miserable.



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Being a successful smoker is like being an accomplished tight rope 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 time intervals between urges. It will eventually reach the point where the ex-smoker will desire 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.

Included in this battle is the great expense of buying pack after pack and the dangerous assault on the smoker's body of inhaling the poison nicotine along with over 4,000 other toxic chemicals which comprise the tars and gasses produced from the combustion of tobacco. These chemicals are deadly by themselves and even more so in combination.

"I'm Self-Destructive – That's Just Who I Am"

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



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While some people do have emotional problems which lead to self-destructive behavior, I believe the majority of smokers with this attitude are not in this category. Most make these statements to hide their fears of not being able to give up cigarette smoking.

The reality is that some people just don't care enough about themselves to give up cigarettes. Unfortunately, some are later diagnosed of having cancer. Others will have heart attacks, strokes or other circulatory conditions. Many will be discovered to have major breathing impairments from emphysema.

The worst part of this is that not only do these people have a potentially deadly disease; they know that they are responsible for it.

An equally tragic situation is experienced by the survivors of people who die of smoking related illnesses. Many ex-smokers go back to smoking through the encouragement of family and friends. This usually happens to someone who is disease free and quits in order to stay healthy.

Initially they are nervous and crabby. Soon the spouse, kids and others are saying, "If this is what you are like as a nonsmoker, for heaven's sake, smoke!" While it may seem to be a good idea at the time, consider how the relative feels when the smoker gets cancer or has a heart attack and dies. The guilt is tremendous.

Some beliefs or statements made by smokers sound irrational, as if they have a real death wish. Often, there is really nothing wrong with the person—it is a drug effect. Fear of withdrawal or being unable to cope through life without cigarettes results in a defense mechanism to justify the habit.



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"I'm Addicted"

Some smokers say they smoke because they are nervous. Others say they smoke to celebrate. Some think they smoke for energy. Many smoke to look sexy. Yet others smoke to stay awake or to sleep. Some think they smoke to think.

None of these reasons satisfactorily explain why people continue smoking. However, the answer is, in fact, quite simple. Smokers smoke cigarettes because they are smokers. More precisely, smokers smoke cigarettes because they are smoke-a-holics.

A smoke-a-holic, like any other drug addict, has become hooked on a chemical substance. In the cigarette smoker's case, nicotine is the culprit. They are at the point where the failure to maintain a minimum level of nicotine in the blood stream 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 they smoke under stress. Stress has a physiological effect on the body which makes the urine acidic. Whenever the urine becomes 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 calm them down. The calming effect, however, is not relief from the emotional strain of the situation, but actually the effect of replenishing the nicotine supply and ending the withdrawal.



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It is easy to understand why the smoker without this basic knowledge of stress and its nicotine effect is 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 a short period of time, they will become calmer, even under stress, than when they were smokers.

The explanation of how physiological changes in the body make them smoke is difficult for some smokers to believe. But nearly all smokers can easily relate to other situations which also alter the excretion rate of nicotine.

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

He or she usually is convinced that this happens because everyone around them is smoking. But if he or she thinks back to a time when he or she was 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.

It is important for the smoker considering quitting to understand these concepts because once they truly understand why they smoke they will be able to more fully appreciate how much more simple life will become as an ex-smoker.



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Once the smoker stops, the nicotine will begin to leave the body, and within two weeks all the nicotine will be gone. Once the nicotine is totally out of the body, all withdrawal will cease. No longer will they experience drug withdrawal states whenever encountering stress, drinking, or just going too long without smoking.

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 to drink, socialize, or work. Everything done as a smoker can be done as a non-smoker, and in most cases, these activities can be done more efficiently and make you feel better during them.

The ex-smoker will become a more independent person. It is a good feeling and a major accomplishment to break free from this addiction. But no matter how long he or she is off smoking and how confident he or she feels, the ex-smoker must always remember that he or she is a smoke-a-holic.

Being a smoke-a-holic means that as long as you don't take a single drag off a cigarette, cigar or pipe, or chew tobacco, or inject it into his bloodstream with a syringe, 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 experiencing a full fledged withdrawal process. Neither situation is fun to go through.



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"I'm Stressed Out. Smoking Helps Me Relax"

Why not consider other forms of relaxation? That's because they don't work as well. Smokers hold onto their cigarettes like babies hold onto their favorite blankets or toys. They're a crutch that we use when we don't want to face a situation. Feel pressured at work? You have a smoke. Stressed out at home? You have a smoke. Have too many bills to pay? Smoke and it'll all be fine.

The fact is, as long as anyone continues to develop physically, emotionally, intellectually, professionally or spiritually, they too 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 to develop our minds and bodies. Without such growth, we would not experience happiness, satisfaction, contentment or purpose to their full extent.

Smoking because you're stressed only adds to more stress. You feel more pressure for partaking of 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 where it belongs – with your addiction.

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



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Smoking can't solve any problem in life. No matter what the problem, 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 thing this excuse does is contribute to your bargaining against your decision to quit. You are trying to make excuses for yourself that will allow you to back out of committing to quitting your habit. Your head knows it's what you should do, you know it's the right move, but you feel powerless against the battle ahead of you.

You can see other people out there 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 the time passes without cigarettes. It doesn't matter how much you smoked or for how long – well at least in most cases. But you owe it to yourself to make this step to get healthy and start living again.

"I Only Smoke When I Drink"

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



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Of course, you keep telling yourself that it's only when you drink. This is where the problem comes in. Because you have convinced yourself of this, you begin drinking just so you can have 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 to use it as an excuse saying 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 until you're back to where you started – only smoking when you drink. Yeah right!

All of these reasons are just excuses keeping you from stopping this habit. Believe me; I've uttered more than one of them. I know I should quit, but I find myself powerless to do so. Why?

WHY IS IT SO HARD TO QUIT?

Cigarettes contain tons of chemicals as we've already told you. The most addictive of which is nicotine. Nicotine addiction can be as serious as addiction to any other drug – heroin, crack, cocaine, etc.

Nicotine addiction can be equally as strong and deadly as any other drug addiction. In fact, if you total the number of people who die yearly of all these other conditions combined, they would



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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 world-wide medical community. For a drug to be considered addictive, it must meet certain criteria. First, it must be capable of inducing physical withdrawal upon cessation. Nicotine abstinence syndrome is a well documented, established fact.

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

The third criterion is that an addictive substance becomes a totally consuming necessity to its user, usually resulting in what is considered by a society as anti-social behavior.

Many have argued that cigarette smoking fails to fulfill this requirement. True, most smokers do not resort to deviant behaviors to maintain their habit, but this is because most smokers do manage to easily obtain the full complement of cigarettes they need to satisfy the addiction. When smokers are deprived of easy accessibility to cigarettes, the situation is totally different.

But, the withdrawal of nicotine from your system only lasts a few days. So why is it so hard to quit for good? The reason is primarily psychological.



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

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 of these smokers are fully aware that smoking is crippling and killing them, but 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 tied into his lifestyle that he feels when he gives up smoking he will give up all activities associated with cigarettes.

Considering these activities include almost everything he does from the time he awakes to the time he goes to sleep, life seems like it will not be worth living as an ex-smoker. The smoker is also afraid he will experience the painful withdrawal symptoms from not smoking 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 were like, then maybe it would not be worth it to quit. But all these assumptions are wrong.



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There is life after smoking, and withdrawal does not last forever. Trying to convince the smoker of this, though, is quite an uphill battle. These beliefs are deeply ingrained and are conditioned from the false positive effects experienced from cigarettes.

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

He is fortunate though, because he has 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 and nervous, the cigarettes calm him down. Giving up this wonder drug seems ludicrous to him.

There's another huge reason to consider quit smoking that we haven't even touched on 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 non-smoker? Doesn't anyone ever think about those people?



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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 in the smoke that smokers inhale—such chemicals 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 that destroys some of the toxins, and it's filtered.

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 in 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.



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

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

GETTING STARTED

First, let's both realize that this 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 with all sorts of tips, tricks, and advice that we have collected from experts and people who've already quit. Take what you need, but read all of it, and then refer back to it as often as you need to. We're pretty sure you'll need to quite a bit.

The first thing you need to commit to is that you will
S-T-A-R-T:



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S = Set a quit date.

T = Tell family, friends, and co-workers 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. These five steps 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 that date, you will no longer be a smoker. Without a quit date, you are leaving the door wide open to starting back up again. Think of it as walking through the door, slamming it behind you, locking it, 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 non-smoker, chances are very good that if they see you light up, they'll be there to remind you of your commitment.

ANTICIPATING the obstacles will give you more tools to combat the difficulties that you will face. 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.



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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. Just don't get discouraged and realize that these symptoms are your body's reaction to being deprived of something its 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, etc. from anyplace you frequent. This means your home, car, and office. When those mementos of your smoking are gone, you're more likely to forget you were a smoker. At least that's the idea!

There are all types of medical advice your doctor can give you when it comes to stopping smoking. When you TALK to a doctor, he or she can give you all sorts of help on your journey.



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There are even some anti-depressants that contribute to helping the smoker quit. While you may be hesitant to taking this type of help, it might be effective for you, and you will probably 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. 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 full fledged smoking because you care enough about yourself to want to.
- 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.



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- Try to maintain your normal routine while quitting. If any event seems too tough, leave it and go back 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 maybe 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-a-holic." One puff and you can become hooked again. No matter how long you have been off, don't think you can safely take a puff!
- Don't debate with yourself 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 movies, libraries and no smoking sections of restaurants.
- Remember that there are only two good reasons to take a puff once you quit. You 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.



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- Take quitting one day at a time, even one minute at a time—whatever you need to succeed and find support!

If someone told 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, then 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 withdrawal symptoms – both psychological and physical.
- 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. Review your diary after four or five days to identify patterns of particular feelings and circumstances that trigger your cravings for a cigarette.



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- 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 on paper) of what you want, and where you want to be. This may seem contradictory to our previous advice to not worry 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, 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'll 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, etc.



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- 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, and they will probably feel guilty about their own smoking weakness.

They'll try to pull you back in to smoking, if you give them a chance. Don't. Make a clean break from other smokers. Stay away from bars, smoking sections in restaurants, and other places you could be exposed to smoke and other smokers.

Above everything else – do it 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" and know that it's 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 some specific things during this journey. First, they don't know what they'll do when a craving occurs. Here are a few tips.



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FENDING OFF THE DEMON

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 you and make you feel a lot better!
- Suck on a hard candy (Lifesavers, Altoids, and mints are some common suggestions - pick something you enjoy)
- Take several calming deep 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, family member.



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- 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 yourself of the benefits of quitting smoking and the alternatives if you don't. Reading other's stories 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, and other drinks you associate with smoking. Try drinking a variety of other drinks instead. Try 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, put a substitute in your hand -- 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.



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- Find new habits and create a nonsmoking environment around you.
- Anticipate future situations or crises that might make you want to smoke again, and 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 smoking to relax, and 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 exercise (alternate tensing and relaxing muscles, pushups, deep knee bends, walk up a flight of stairs, or touch your toes).
- Eat several small meals during the day instead of 1 or 2 large ones. This maintains constant blood sugar levels, which 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.



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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 hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it is a cigarette and 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 that "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.



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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, for example)
- doing puzzles (crossword, jigsaw, 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



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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. Many hardcore advocates say the best way is to go it cold turkey – just stop and not start again. As you might imagine, this sounds like the most difficult way. But many advocates say it's, in fact, the best way!

COLD TURKEY – MORE THAN JUST SANDWICHES

To many, 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 by which the smoker has the best chance of success.

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



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If this level is not maintained, the smoker will experience varying degrees of drug withdrawal: the lower the level, 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 will eventually drop to zero and all physical withdrawal will cease. Cravings for an occasional cigarette may continue, but this is due to an old habit not to a physical dependence.

Cutting down on cigarettes or use of nicotine replacement strategies 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, creating 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 will stop forever. Or, the smoker can return to the old level of consumptions accomplishing nothing.

Therefore, cold turkey is the method of choice. Once the smoker stops, withdrawal will end within two weeks. The rest of the



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process involves changing the way you think and staying away from cigarettes and the temptation that they provide.

Many people are also afraid of gaining weight when they don't have the oral fixation that a cigarette provides – calorie free! Weight gain isn't a 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 way of self-soothing (smoking) with another (eating).

Smokers weigh less because smoking depresses the appetite for certain foods, while quitters, whose appetites are not suppressed, gain weight because they take in more calories.

Nicotine may also alter the smoker's metabolism so that smokers 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 dessert, you are likely to stop eating and have a cigarette).

Not everyone who quits smoking will gain weight. However, The California Smokers' Helpline reports that people who quit smoking



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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 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



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- 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, 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 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 9pm. The body's metabolism slows down at night so food consumed past this hour will take longer to digest.



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- Instead of having 3 main meals a day, spread them out to 6 small meals throughout the day. This can help you maintain a high metabolism throughout the day and you 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 and 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



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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 in future. 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 non-smoking venture, it's a very, very good idea to not be around other people who smoke. This is going to be difficult – especially because over the years, you've



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tended to gravitate toward those people who DO smoke just because you have something in common with them.

You probably won't be popular for awhile, and might take your share of ridicule, but remember why you decided to quit in the first place. 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 co-workers 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 co-workers *don't*?

First, you must acknowledge the fact that you may be all alone in your efforts to quit smoking. This solitude may be frustrating and 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, however unintentional, on the people in your life. They may resent it or are frightened by your quitting. Their natural, perhaps unconscious, response may be to make quitting more difficult for you.



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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 cooperation to help 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 to distract your attention, in another room, if someone is smoking near you. Start a new hobby or have a book on-hand, whenever you have 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)!



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You may find it necessary to adjust the types of things you do with your friends, 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 non-smoking portion of 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 besides nicotine withdrawal: friendship withdrawal. Chances are, if you've worked someplace with a designated smoking area for any length of time, that you have made quite a number of friends or 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. 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.



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Quitting smoking even when other people around you are smoking doesn't have to be difficult and 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, giving them their own freedom to smoke when they so choose. Working together with family, friends and co-workers, 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. Show them 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.



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- Celebrate along the way. Quitting smoking is a BIG DEAL! Give lots of rewards and praise for getting through a day, week, month, or year(s) 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 kept cold in the refrigerator, etc.
- Spend time doing things with the quitter to keep his or her mind off smoking – go to the movies or take a walk to get past a craving (what many call 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) of not 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 they make mistakes.



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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 which can be provided by significant others 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 giving up cigarettes may have severe emotional outbursts and be irritable, depressed, and even irrational.

These are all the effects of nicotine withdrawal. Many family members and friends will encourage them to smoke rather than act like that. If they were recovering alcoholics, they would not be offered drinks by these people. If they were reacting to chemotherapy they would not be begged to give it 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 biting of nails. 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 the most 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 over one of the greatest challenges of their lives—giving up cigarettes.



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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. What if you do give in to that thinking?

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 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 just too much to resist.

Forgive yourself for the relapse and get right back up on the wagon. Read the suggestions in this book and start over again. People make mistakes. It happens. Don't 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 just relapsed. Now you can begin again.

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



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There are many tools out there to help you quit. Many, many people use artificial means to help them quit smoking. Some people are completely against this, others have said they wouldn't have done it any other way.

THEY BLINDED ME WITH SCIENCE

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

Some people feel they are lifesavers. Others say they are just a crutch and won't lead to complete cessation. We still feel like we need to address the other aid out there that can help you kick the habit.

The pharmacological approaches are called Nicotine Replacement Therapy (NRT) and they involve "replacing" the nicotine in a cigarette with another form, helping 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:



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- 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 gums are available over the counter and chewable gum; most effective when used in combination with a supervised stop-smoking program
- Nicotine nasal spray: Trade name is Nicotrol® NS. Available by prescription, nasal spray; 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 strength. skin patch; most effective when used in combination with a supervised stop-smoking program
- The new Commit lozenge is a cough-drop like aid that also 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 the physical symptoms of withdrawal are minimized. It is not intended to be the only method used to help you quit smoking and should be combined with other smoking cessation methods that address the psychological factors of smoking.



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There are also four ways to quit smoking that do not involve NRT. These approaches tend to be favored because they do not contain the very chemical that you are trying to get away from. They 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 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, family member, or 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 (the "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.



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- 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 is expected to work for a year following injection.

Please remember that NRT can be very 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.

There are some amazing groups out there ready to help you along the way towards a non-smoking lifestyle.

ADDITIONAL RESOURCES

You can get some amazing support through various help lines and message boards. When you search for support, it will be there whether that be online or on the phone. Here are a few suggestions as to where you should start.

Call the North American Quit line Consortium 1-800-QUIT-NOW (1-800-784-8669) to be directed to a quit line where you can receive support and counseling, smoking cessation medications at low or no cost, printed support information, web-based interactive counseling, and more.



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The California Smokers' Helpline 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 local groups. If you can't find one, consider starting one yourself. Hundreds of people decide every day to quit smoking. We're willing to be there's a few around where you live! Advertise in the local paper and wait for calls. If you start it, they will come!

Take a smoking relapse prevention class or 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. 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.

Try Google and put in the words "smoking support groups" to find message boards and online friends who are there with you willing to help. You might help them just as much as they might help you!

Finally, we want to give you some lists of our own to help you along the way towards becoming a non-smoker.



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SUCCESSFUL QUITTERS

Have you ever heard of 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 and examples 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, without the option of turning back.
- Successful quitters refuse to go back on their decision to quit smoking. They throw away their lighters, ash tray 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 fix a quit date and stick to it. Once they have fixed this date, they stop making excuses to prolong their smoking habit.



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- Successful quitters accept full responsibility for their smoking habit. They no longer blame their parents, friends or tobacco companies anymore. They accept their faults are a 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.



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- 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 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?



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- I'll have fewer wrinkles.
- After the first year, I'll have saved enough for a Caribbean cruise.
- I save myself the embarrassment of having bad breath.
- After the second year, I can bring someone with me for a Caribbean cruise.
- I'll still be around to see my grandchildren.
- I won't have to worry about early impotence.
- I won't need to eat at a smoking section anymore.
- There are programs that can help me.
- I no longer need to spend time on counseling.
- I'll live longer and healthier.
- I won't feel like a leper in public.
- I won't have to worry about how smoking is ruining my health.
- The average person tries to stop smoking at least four times before succeeding. I may be on No 2 or 3, but I am better than average.
- I won't have to lie to my children to hide my smoking habit.
- My fingers won't get frostbites when I go outside.
- I'll be able to exercise more.
- I'll soon have the same life expectancy as a nonsmoker.
- My spouse won't get emphysema.
- I'll cough less.
- I'll be able to taste and smell food again.
- My children will have fewer ear and respiratory infections.



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- My lipstick won't smudge.
- I won't have to wonder if my date is bothered by cigarette smoke.
- My teeth will be much whiter.
- I won't waste time looking for a smoking area all the time.
- No more wheezing.
- I won't have to listen to sarcastic talk like how much I taste like an ashtray during a kiss.
- There are other safer and more effective ways of maintaining my weight.
- My plants won't turn brown.
- My baby is so much safer with a at lower risk for Sudden Infant Death Syndrome.
- My fingers won't turn yellow.
- I have more pocket space.
- My lungs won't look like burnt BBQ beef.
- No more burning holes in my clothes.
- My spouse will be less likely to develop heart disease or lung cancer.
- I'll have to pull off the road only when I need gas.
- My car won't reek of stale smoke.
- I won't ever need to breathe oxygen through a nasal tube.
- My house won't reek of stale smoke.
- My unborn child is safer from fetal defects.
- I won't reek of stale smoke on my clothes and hair.
- I'll be able to play with the little ones without gasping.



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- I won't have to feel isolated or unaccepted anymore.
- No more feeling like smoking on airplanes.
- I'll have more energy to do all the things I want to do.
- I'll save money on lighters and matches.
- I'll make new friends who see me as who I am.
- I'll be taking back full control of my life.
- I'll be a good role model for my children and others who I care for.
- 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 you're going to be a non-smoker!

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



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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

Stay with the program, even if you relapse, and work even hard 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 you 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



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Like made it another day 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.



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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.

It took me three days to write this book. I'm 2 ½ days smoke free. How about you? Want to join me in the ranks of those who are struggling with cigarette addiction and winning? I feel pretty good right now. You can too!

Here's to a smoke-free life, my friend!



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BONUS: The Power of Self- Hypnosis

Let's start using hypnosis – on yourself first. Self-hypnosis can be a relaxing, soothing experience; helping you to loosen up and ease your tensions. It is a form of meditation that allows you to converse with yourself. It is a way to de-stress and leave your worries for a while.

On a short-term vision, self-hypnosis can help you improve your learning threshold, sharpen your memory, and be alert during an exam week or an important presentation at work. It can hold your hand when you're planning to face an emotionally draining situation. It can help you clear the clutter from your mind after a full schedule.

Done regularly for a long term span, self-hypnosis eventually becomes your way of life - a regular, exclusive time for yourself. It can lead you to more understanding of yourself and others. It may also change the way you lead your life, make your decisions, or handle relationships.

Self-hypnosis allows you to stop and breathe deeply. Sometimes some very basic things such as these are neglected in our day-to-day rat race. The steps from professional hypnotherapists may sound so simple at first. Summarily, it just says to get yourself together, find a perfect venue, and everything else will follow. But once tasked to do it, some of us may find the seemingly simple step of staying put (being still for a while) very difficult. With our multi-tasking, short-attention-span culture, staying still and doing nothing seems like a task unto itself. But once you get down into it and actually do it, the rest will eventually follow.



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Let's try out some Hypnosis at Home sessions, based on some of the elements needed for an effective hypnosis session, as advised by experts.

High Time

If you're living with other people, pick a schedule wherein there will be less activities – either your housemates may be away at work or at school, or by the time everybody's asleep. If you're living alone, do it when you least expect people to drop by, call, or send you messages. Better yet, put your phones on hold first, and hang a "Do Not Disturb" or "Silence Please" sign outside your door.

A Room of Your Own

Find a quiet spot, away from the hustle and bustle of the house. Make sure your venue is relaxing and conducive to your activity. Dim the lights or light a few candles. Adjust the room temperature according to your preference. Light some incense if you may.

Sit or recline in a comfortable spot. Surround yourself with pillows and cushions. Make sure you feel all right even if you will be in that position for quite some time.

Turn It On

In the movies, as in real life, music sets the mood for any kind of scene. Put some soothing music on that player. Soothing music may mean different things to different people. It depends on musical preferences – hardcore metal may seem "comforting" to somebody (maybe it reminds him of high school), but is not appropriate for the self-hypnosis session we have in mind. Try this: turn the music on, and feel your heartbeat. If it promotes or



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keeps on with a relaxed, steady beat, then that's good. Sounds of nature may be effective – the whistling of the wind, the playing of the chimes, the rustling of leaves, and the gentle gurgle of a brook. If you have a small desk fountain, place it near you. Remember that the sound of water is always soothing.

A Whiff of Memory

They say our olfactory nerves are the first to develop when we were born and the last one to stay with us when we die. The work of one Nobel Peace Prize winner discusses how our sense of smell plays a very vital and critical part of our memories. The work reveals how much we remember just by the memory of certain smells, and how that trait has helped human survival and development ever since.

Ever noticed how the smell of certain things vastly affects us emotionally than any other senses? Smells can enhance or change our mood, take us back into the past, or make us remember that special someone. Mothers perhaps have the keenest sense of smell of all – tests show they can identify their offspring, even grownup ones, by their particular odors.

Conversely, we can heighten our relaxation just by indulging our sense of smell. Before the session, you may want to take a bath and wash your hair using delicious-smelling soap and shampoo. You may lather aromatherapy oil on your body. Burn scented candles or oils. Light up some incense. No doubt your body and mind will react pleasantly to these indulgences. In the event that your hypnosis session might not work – at least you end up smelling and feeling good.]



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Feel It

Just as some of us may have a keen sense of smell – some people are kinesthetic, or they respond immensely to the sense of touch. They like to be touched and to touch other people. They like the feel of good, soft fabric on their skin. They want to run their fingers in an interestingly rough surface. They often hug people or pat their backs, and in return they want it to be done to themselves.

If you are one of those people, then take advantage of it to heighten your relaxation. Surround yourself with soft cushions. Notice the feel of silk bed sheets. Wear your softest and most comfortable clothes. Lather some moisturizing lotion on your skin and feel the edges of your fingers soften. Feel the air as it breezes and touches your skin and your hair.

Words Are All I Have

The power of hypnosis, as we have learned, comes from the power of suggestion. A successful suggestion requires finding the right words, saying them in the right way, and at the right time. You have to be utterly convincing, but not pleading. Firm, but not pushy. Soothing, but not weak. Of course a lot of this depends on the material – on what you say.

Below is an example of a self-hypnosis spiel. This method helps to relax your whole body and gets rid of stress. By having a very relaxed body, you can tremendously improve your life in every aspect – physically, mentally, emotionally, and spiritually.

This self-hypnosis induction suggests that you tape and record the narrative and play it during your session, in accordance to the whole therapy process. In this session, the subjects are



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instructed to keep their eyes open initially, watching the flickering flame of a candle.

BEGINNING OF INDUCTION

Light up a candle place it in front of you, where you can see the flame at a convenient angle.

Find a comfortable sitting position. Surround yourself with pillows and blankets if you must.

The mellow light of the flame: watch it dance and sway slowly, languidly, peacefully, as you are feeling now. (Pause)

Breath in, breath out. Breathe through your nose and faintly blow out some air from your slightly open mouth. (Pause)

Breath in, breath out. (Pause)

Repeat. Breath in, breathe out. Breathe in, and out. (Pause)

Breathe and take the wonderful air into your healthy lungs. Feel it being filled with sweet, clean air. (Pause)

Exhale and blow out all your tension away from your body. (Pause)

Breathe. Relax. As relaxed and as languid as the flickering flame before you. (Pause)



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The flame is mellow. Its light is yellow, like the stars, like when you sleep. The flame warms your eyes. You feel them closing slowly. (Pause)

Your eyes are tired, so weighed down. You feel all the nerves inside your eyes throbbing. You want to close your eyes tightly. (Pause)

Your eyes still feel warm. You feel the heat of the flame surround them. In fact, even with eyes closed, you can clearly see the flame dancing before you. (Pause)

You breathe in and out. The more you breathe, the more you feel relaxed, very deeply now. (Pause)

The warmth spreads from your eyes to your face. You feel warm all over. (Pause)

You feel your forehead glowing. A light, luminous and bright, shines from your forehead. (Pause)

The warm, soft light spreads to your face. Your face relaxes. You relax deeper and deeper now. (Pause)

As you breathe in and out, you feel more relaxed than ever. (Pause)

You breathe and you feel your chest filled with air. Warm air. The light from your face spreads to your neck down to the chest. (Pause)



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Breathe deeply now. The warm, soft light makes your body relaxed, as relaxed as your face. (Pause)

The warm, soft, relaxing light spreads to your arms, to your hands, to the tips of your fingertips. They feel so relaxed now. (Pause)

The warm, soft, relaxing light spreads down to your stomach, to your waist, to your hips. They feel so relaxed now. (Pause)

The warm, soft, relaxing light spreads further down to your back. Your back feels so relaxed now. (Pause)

You breathe slowly and deeply, in and out. More than ever, you feel so relaxed now. (Pause)

The warm, soft, relaxing light spreads further down to your thighs, to your legs. They feel so relaxed now. All the weight put upon them slowly feels light. (Pause)

You feel so relaxed. Every muscle, every tissue in your body feels so fine. You feel so peaceful. (Pause)

You breathe in and out. You go deeper and deeper into relaxation. (Pause)

The warm, soft, relaxing light spreads further down to your feet, to the tips of your toes. They feel so relaxed now. All the weight put upon them slowly feels light. (Pause)



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Now visualize yourself standing in the softest, greenest grass you have ever put your feet into. Your feet feel warm and soft. (Pause)

You are now in an open field. The sun is shining warmly, so friendly on you. (Pause)

A cool wind breezes through your hair, your face, and your body. It breezes through the field of grass, combing each and every soft, green sliver. (Pause)

You walk through the field of soft, warm grass. You see a mountain not far away. You slowly walk towards the mountain. (Pause)

As you walk towards the warm, blue mountain, you go deeper and deeper into relaxation. Your body feels so relaxed and at ease. (Pause)

Your mind is sharp and alert, taking each and every detail perfectly. (Pause)

Perfectly, like the little stream you pass by on the way. The gurgling sound of the stream relaxes you more than ever. You walk across the little stream, your feet getting wet by the warm, clear water. The water relaxes you more than ever. (Pause)

You walk, further and further, into the mountain. (Pause)



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A warm, gentle breeze passes you by, combing your hair, passing through your clothes and your body, and slowly, slowly lifting you, as if you are a feather in the air. (Pause)

The wind lifts you and you feel so fine floating in the sweet, soft air. You feel weightless and you go deeper and deeper into relaxation. (Pause)

You go higher and higher until you reach the top of the mountain. (Pause)

There are small wild flowers on the top of the mountain. You breathe in their wonderful, fresh smell. You breathe in the wonderful, fresh smell of the mountain breeze. (Pause)

The wind slowly, slowly gets you down the mountain. As you get lower and lower you become more aware. With every count you start to slowly emerge from your deep relaxation. (Pause)

Every time you listen to this self-hypnosis induction you will go deeper, more serenely, and attain more benefits from the experience. (Pause)

1, 2, 3...

The smell of the soft, fresh rain is still in you. It's in your hair, your hands, your body. You smell of rain. You smell of new hope, of creation and of refreshed life.

4. 5, 6,



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Lower, into the field of grass. Lower, until your feet touch the warm soft grass once more.

By the count of ten, you will completely be awake, more alive and refreshed than ever before.

7,8,9,

Remember the smell of rain and how it brings out new life, new hope.

10

You awake fresh and ready. Yawn and stretch your body.

END OF INDUCTION

Practice this technique as often as possible. You'll be surprised at how powerful it can be.

Common Techniques in Hypnosis

Hypnotists employ certain methods to effectively hypnotize their subjects. Some of the most popular techniques are discussed in this chapter.

Intense focus

This is a cliché, and one of the earliest aids in inducing hypnosis. The hypnotist holds an object, which he tells the subject to fix his gaze upon. This comes in the form of that stereotypical clock



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pendulum, which the hypnotist swings in front of the subject. Also popular is the circle containing a line going spiral, which can make someone go dizzy or feel as if sucked into a vacuum. Others use a candle, telling the subject to gaze at the flickering flame.

In these techniques, the point is to have the subject focus so intently into the object that there will come a time everything around him will be tuned out. Once set, the hypnotist can start to talk to the subject in a low, soothing monotone, which helps set the mood for relaxation.

Sir Yes Sir

Often used by stage hypnotists, this technique is popular for its high response rate, and dramatic impact. Here the hypnotist attacks the subject with sudden and fierce commands – it must be forceful enough to thoroughly convince the subject that he is completely under the power of the hypnotist. This way, it will be easier for the hypnotist to put in suggestions into the subject's mind.

Take It Easy

This method aims to put the subject in full relaxation. He will be so comfortable and at ease that with his defenses down, he will be open to suggestions by the hypnotist. Most frequently utilized by psychiatrists, relaxation for them is the way to go, especially for patients with ailments or for those in a state of extreme stress or trauma. As part of a therapeutic program, the method induces a feeling of well being which, on the event that may not directly affect the treatment of the condition, will still be beneficial to the patient.



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Also known as the “progressive relaxation and imagery technique,” this is also used in self-hypnosis exercises, meditation, and self-help sessions. The use of soothing music, candles, and scents, are encouraged in this method to further pave the way of temporarily shutting off the world and focusing on your inner being.

Signs

There are some signs that the hypnotist will usually watch out for to determine if the subject is already ready and open to his suggestions. At least one of these outward signs, when exhibited by the subject, is almost foolproof in implying that the hypnosis session proper can begin.

Red Eye. As in when extremely drunk or high in chemical substances, hypnosis brings out body responses similarly seen in people who are induced in a certain state of consciousness. Reddening of the eyes is experienced due to the greater flow of blood through the veins triggered by the relaxation of eye muscles.

R.E.M. People in trance will also exhibit rapid eye movement (R.E.M), a phenomenon exhibited by people in deep sleep who may also be dreaming. Fluttering of eyelids, or the movement from side to side of eyeballs (if eyes are totally closed), can be seen once the subject enters deeper into the control of the subconscious.

Crying Game. Increased moisture in the eye area, which may look as if the subject is crying, is brought by extreme relaxation of the muscles holding the tear ducts.



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Body temperature. Look out for a drastic or distinct change in temperature. As the subject enters into an extreme relaxation zone, his pulse rate begins to lower down, thus triggering a change in body warmth. This will vary from subject to subject – most subjects will usually feel cold, but for others, it's a warm feeling that will spread all over.

The Exorcist. That scene from the movie "The Exorcist" may slightly be accurate, after all. Eyes rolling back, or eyeballs as if aiming to shoot out from the forehead, are usually experienced once the subject enters a state of trance.

Just remember: hypnosis can be fun, it can be beneficial to others and yourself, it may completely work for you – or it may not at all. Still it is dangerous if abused, or misused.

Do Unto Others

Do you want to make your lover extra sweet? Do you want to make your buddy kick his nasty smoking habit?

This time, let's try our newfound knowledge with others – not because we want to play around with them, but to actually *help* them out. Of course, these exercises may or may not work. They're precisely that - exercises, and will depend on your skill and experience. Still, it won't hurt to try.

To be able to hypnotize somebody, you can take the first step by trying out one of the different techniques as defined in previous chapters, to jump-start the process.



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To get a comprehensive list of actual hypnotic induction techniques (deepening, induction, testing, and trance categories), go to: <http://www.hypnosis.com/trance/ind00.html>

To get a comprehensive list of actual hypnotic scripts to improve your health and enhance your abilities, go to:

<http://www.hypnosis.com/trance/scripts00.html>

The common ones are explained below. Close your eyes. Relax. Hypnotize!

Make Your Buddy Quit

Need help making your best friend or your brother quit smoking? Or maybe help him ease up on his nasty habit of watching too much TV? Let's try it through hypnotherapy. Again, you have to find a comfortable and conducive venue for the session. Guide him through until he starts to relax and be in tune with your slow and steady breathing. Have him focus intently on something.

Follow the relaxation and mind-clearing technique suggested above. Tweak it according to your goal and that is: convincing him that his health, career, and whole life will be a lot better once he kicks off his habit.

When he has thoroughly let go, start your "brainwashing" session. You may want props for this one. The first step is to fill up his mind with everything about his bad habit. If it's smoking you want to curb, describe in great detail everything about cigarettes. Blow smoke directly to him. Let him smell some cigarette ashes, placed directly under his nose. Overwhelm him with cigarettes.



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Then guide him into imagining how his life would be like without cigarettes – how he would smell, how his teeth would be rid of the stains, how his breath would smell better, how his coughing would discontinue, or how his lungs would be able to feel so strong and healthy. Let him compute how much he would save minus his cigarette budget. Let him imagine how the people important to him would react had he stopped smoking.

Let him linger on the thought – let him think how it would affect him on a long-term basis.

Whenever he is ready, “wake” him up from the trance.

Make Someone Be A Real Winner

You can tweak the procedure and use it according to the condition. For example, you can help somebody with low self-esteem gain confidence by suggesting to him new ways of behavior such that he will walk, talk, dress up, and look like someone who believes in himself. Using strong, convincing words, you can help him visualize how he will win the game: how clear his objective is to him, how he wants and needs it so badly, and how he will get it right. The point is to fire up his desire on the particular goal he wants to accomplish, prep him up with an inner drive to make the goal come true, and make sure the intensity regarding the project stays for a long time until he gets it.



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LOSE THE SMOKING HABIT
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Lose It

Don't stand there surprised. Testimonials abound on effective weight-loss programs that were supposedly made successful due to hypnosis. Again, supposedly visualization here is the key – the more you believe that you are fit, the more you will really start to become slender.

The script used by the hypnotist usually starts with making the subject affirm his dissatisfaction with his body weight. This will push for an intense desire to change – and to act towards that change. The hypnotist then puts suggestions on living and eating healthy. He may identify health foods such as fruits, vegetables and organic food. He will put premium on exercise and a more active lifestyle. The hypnotist also stresses the dislike of the patient of high-carbohydrate, high-fat foods that are suggested as totally unpleasant, thus will be rejected by the patient's body.

The hypnotist will try to be as specific as possible. He will name each and every food he would like his subject to eat in moderation. He will tick off the lists of food and drinks that will or must be rejected by the patient. He will also be specific as to how the patient will be able to achieve this. For example, he will suggest that the subject swim two laps a day, run at least 3 kilometers daily, or chew and relish the food slowly. The hypnotist will also identify how many pounds exactly the patient would like to weigh, how many inches does he visualize his waists and hips will eventually be, and how light and happy he would feel once he loses his excess weight.



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Bag It

One of the most popular hypnosis methods is paving the way for financial abundance. People believe they can be rich just by placing their hearts and minds into it. And what better way to stress your goal but through your whole mind view.

A typical spiel for a get rich hypnosis session is similar to the weight loss method. Creative, intense, and specific visualization is the key.

For this to work, the subject must have a detailed imagery and list of the things he want to possess - what kind of house and how much, how many automobiles and which brand, etc. The patient is told to hold on to that clear mental picture of his dream. He is told to stay with it and to face forward in achieving it.

Note: for hypnotherapy to be truly effective, sessions must be done regularly, if not daily. This is done coupled with other forms of treatment as advised by a professional.

Conclusion

"I think therefore I am," philosopher Rene Descartes once said a long time ago. Following his discourse that anything is real once you set your mind to it, then indeed, hypnosis may just be the logical step to achieving the best version of yourself.



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The power of the mind and the subconscious: boundless and as generous as your dreams. Tapping that power through hypnosis is looking inside you and knowing your capabilities. It means understanding yourself, the people around you, and the world you live in. It is realizing that life and living is never constant. It is appreciating that we always aspire for change – and that change happens from your willingness, your initiative, your hard work and perseverance.

Remember: Change is a verb. It fulfills its meaning once you act on it.

As repeatedly stated all throughout this report, we claim no guarantee that this e-book will change your life.

You may have realized that by this time, IT ALL DEPENDS ON YOU.

You have the power within you. And no one can take it away from you. Self-hypnosis helps you unleash and harness that power.

Given that you have regularly applied and practiced the prescriptions here – the process in itself is as important than the product.

You learned how to unease your burden. You took time for yourself. You made an effort to look within yourself to examine your thoughts and live with its rewards and consequences. Congratulations and good luck with your hypnosis sessions.



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The following amazing websites were referenced in researching this book:

www.about.com

www.quitsmoking.com

www.quit.com

www.americancancersociety.org