

Quit Smoking Today!

QUIT SMOKING TODAY!

SELECTED TIPS - 37 PAGES!

Quit Smoking Today!



37 Pages!

Brought to you by Wings of Success

Contents

Why You Have To Quit Smoking?	8
Why You Have To Quit Smoking (li).....	9
Why Are There Many Smokers?	10
5 Tips To Quit Smoking	23
Using Nicotine Gum To Quit Smoking	24
How To Quit Smoking - Using Zyban	26
How To Quit Smoking - The Nicotine Patch	28
Stick With It When Trying to Quit Smoking.....	30
Nicotine Withdrawal: - Simple Solution For Smokers	32

Why You Have To Quit Smoking?

According to a motivational speaker I listen to sometimes, it's almost impossible to achieve anything worthy in this life without having enough reason for having such a dream. Same thing apply to smoke quitting. Before you can be able to gain enough courage and confidence needed to stop smoking you really need to have enough reason for doing so.

If you are asked today – why did you want to quit smoking? What will you say? Probably you've not really stop to think of it yourself. You are probably living other peoples dream or trying to satisfying somebody by stop smoking. Hey! It doesn't have to be that way. You may find it difficult to quit smoking completely without having enough genuine reasons to stop this habit you've been living with for long.

There is not way you will smoke without polluting air in your immediate environment. Lot's of people hate this smoke because it's irritating. This type of people will never want to stay close to you if they know you are a smoker. You may end up losing good friends, clients/customers if you are into your own business or find it difficult to get job. So if you will like to enjoy keeping good friend around you, get more dates, get better job or avoid offending your new clients, you have good reason to stop smoking today.

Having good health should be one of main reason why you should quit smoking. If you smoke you are really playing with your health. The damage that the smoke from each cigarette is doing to your immune system can never be compare to brief immediate satisfaction you get. So if you really want to feel and stay healthy you really have to stop smoking. You will end up spending fortune in buying medicine, and, paying hospital bills.

Why You Have To Quit Smoking (li)

Knowing what you are quitting for will make it much easier for you to resist next urge to smoke. You need lots of motivation and courage to be able to resist lighting next stick of cigarette when you are feeling like. One way to motivate yourself is to come up with enough reasons to quit.

If you are still looking for employment, your smoking habit may probably be one of the main reasons why you don't have one. Your boss may not like a smoker. Make getting a better job one of the reason why you have to quit, and you will have more courage to quit smoking.

It's very possible to lose your immunity some of dangerous infections like lung cancer, lung disease, cancer of the larynx, heart disease or stroke. These are most deadly infections ever know to humanity. Why should you risk losing your life to any of this deadly disease because of your smoking habit? Imagine what will happen to all you've labored all your life for. Your family and friends will not be glad to lose you so soon. Friend this is enough reason for you to stop smoking.

Another main reason why you have to stop is the financial burden you will be putting on yourself as a result of your daily smoking habit. In same way you if you are infected with any of above stated ailment you will be losing thousands of dollars to medical cost. Before you decide to quit why not take record of how much you've spent buying cigarettes all your life. Am very sure it will be in thousands at the end of the day. Every \$2 dollars add up. If you invest same in buying stock your next generation will not die poor.

If you truly wants to live longer and happy with good health and several thousands of dollars in your savings account decide to quit now.

Why Are There Many Smokers?

Lots of people start smoking because of various reasons, possibly known to them only. However there are few reasons that are common to most smokers. Some of these reasons are personal attitude, cooling of stress and pressure from peer group.

Most youth are often subjected to pressure from peer group either good or bad. As a young fellow you will not want your friends to take you for granted. You won't want to feel inferior. Because of this you will end up listen to their advice and it will even make it easy for them to compel you to do what they are doing.

If you happen to be in group of people that plays with cigarettes, because of its availability there is possibility you will start doing same thing. In the book "Unlocking the Secrets of Your Childhood Memories", Dr Kevin Leman said ... "One day when I was seven, as I walked to school I found a brand new, un-smoked Viceroy cigarette lying on the ground. I picked it up and slipped it into my pocket. After school I was walking home when an older kid from our neighborhood came by on his bike. He was twelve and sort of my hero-the Eddy Haskell type. I didn't know how to smoke, but I had that cigarette in my pocket and I wanted to learn. So I asked "Eddy" for a ride, and as I slipped up on the handlebars, I put the Viceroy in my mouth and said, "Hey, 'Eddy' ... got a light?" And it was on that ride home I smoked my first cigarette feeling very big and touch – just like "Eddy."

Apart from the pressure from peer group most teenagers often start smoking to protest against the existing rules of the society. They will want to feel different. This type of attitude often leads turn them to become addicted to smoking when they grow up.

Smoking: - What Tobacco Companies Will Not Tell You About Nicotine

Lots of people smoke because of various reasons known to them alone. It's possible that you derive something from smoking, but the hidden disadvantages are more than advantages and so-called benefits you derive from smoking. Smoking poses a lot of threat to your health. Most especially the nicotine which is the major component of cigarette you take is a poisonous substance. But tobacco companies will never tell you that.

Nicotine found in every cigarette is also a component of other substances like weed killers and insecticides because it's from alkaloid plants. Alkaloid plants are poisonous plants. They are bitter to taste and extremely potent.

Nicotine in cigarettes has different effects on smokers. Some smokers prefer taking a cigarette to relax and cool off when they are stressed or upset. Some prefer to take it because nicotine in it stimulates their body and raises their energy level. Most often, smokers get addicted to nicotine to the extent that they will always find reason to smoke more cigarettes to feel the same effects always.

Since nicotine is more addictive compared to heroin, it will always give the same effect anytime. These effects vary according to each person and how much they inhaled daily. Every smoker often experiences a faster heart rate, rise in blood pressure and constriction of veins due to the high content of nicotine in the cigarette they smoke. It also affects "reward circuits" – a section of the brain that regulates pleasurable feelings.

Nicotine as a powerful substance affects the neurotransmitter dopamine, raises dopamine's level in the brain's reward circuits, thus causing the smoker to experience pleasure anytime it's taken. Apart from dopamine, nicotine also affects serotonin, norepinephrine and beta-endorphin which control mood, appetite and reduce anxiety respectively.

It's better you avoid these harmful substances because the side effects may be more dangerous to your health. Stop smoking now!

Planning To Quit Smoking

Millions of people smoke, and to many, particularly those that have been smoking for some time, the prospect of quitting seems daunting. An addiction to nicotine is a serious one, and is multifaceted: there is a physical component, in that your body craves the nicotine the cigarettes contain, and a psychological one, in that many habits and situations become associated with cigarettes for the smoker. For these reasons it is important that you come up with a plan of attack in order to quit smoking: although the cold-turkey technique works for some people, the vast majority of smokers will have success only with a more comprehensive plan.

When you first consider the prospect of quitting smoking, it's probably going to seem far fetched, but keep in mind that thousands of people - people that are no different from you - quit smoking every year. If they can do it, there's no reason that you can't. Many smokers also feel that after a certain age it is "too-late" to quit smoking. Simply put, this isn't true, and should not be used as an excuse to avoid an attempt to quit smoking: the health benefits of quitting smoking begin the very day you stop.

Before you actually have your last cigarette, begin to build up your willpower. Your willpower is going to be your most important tool in quitting, and it's very unlikely that you will be successful without it. Spend some time thinking of the reasons you want to quit smoking. Learn about the health benefits of quitting, for both yourself and the people around you. Do some math and come up with some figures for the amount of money you'll save by not buying cigarettes, and think of something you'll use that money for.

Once you've built up your willpower, it's time to have your last cigarette. To keep your spirits up, understand that the human body is incredibly resilient, and your health will improve as soon as you stop smoking - literally. 8 hours after your last cigarette, carbon monoxide levels and oxygen levels in your blood stream will return to normal. At 24 hours after your last cigarette, you statistically reduce your chance of a heart attack. Only 48 hours after your last cigarette, your sense of taste and smell will improve as your nerve endings start growing.

As you continue to stay smoke free, think of the longer-term benefits to quitting in order to keep your willpower up: even after 2 weeks your lung power will begin to increase, and continue to do so over time. Other aspects of your health will continue to improve in various ways. The ultimate motivator should be the knowledge that 15 years after quitting, your risk of death is almost the

Quit Smoking Today!

same as someone who has never smoked - a remarkable fact that illustrates our human body's surprising ability to restore itself.

By coming up with a concrete plan to quit smoking you will greatly increase your chances of success. Crucial is understanding the important role that your willpower will play in the process, and planning to build up this willpower weeks before you attempt to quit. Once you've stopped you have to keep the strength of this willpower up, and to do so, remind yourself of the health benefits you will be privy to immediately after butting out that last cigarette.

Possible Reasons For Lighting That Stick And How To Handle Each

Every cigarette you light contains high amount of a powerful drug, more powerful and more addictive than heroin or cocaine called nicotine. Nicotine is such a powerful drug to the extent that most cigarette manufacturers have to manipulate the amount of nicotine in their cigarettes in other to provide consistent flavor every smokers dying for. Though the presence of high composition of nicotine in cigarette is not hidden to most smokers, since, most are even making use of the nicotine in various ways.

Different people smoke for different reasons; however, in this article we will look at some of the reasons that are common among smokers. Depression is one of the main reasons why some light cigarette. Some depressed patient's uses nicotine in cigarette to combat depression. As a result of lack of adequate counseling and motivation from the right source, they end up smoking when they are depressed. Though many knows actually that this is probably not the best option to fight depression, but most usually they don't have visible alternatives.

Weight control is another reason for smoking. Though this is common among women, but it's affects male gender as well. They use nicotine to as a weight control measure. Also this is as a result of adequate counseling as there are lots of ways to control weight gain. That's even main reason why is always good to seek physician's opinion when you are planning to quit smoking.

Another main reason why some are so involve in the smoking habit is usually as a result of their group. If you are in group of friends that takes smoking as a hobby there is tendency that the urge and temptation to smoke will always be there. At the beginning it will be to show-off but gradually it will become habit once you continue being in this group of friends.

In second part of this article we will discuss more about reasons why most people smoke and how to handle them.

Smoke Quitting - Possible Or Not

Average smokers get addicted to this habit over a long period of time. Quitting will be a great achievement on the part of smoker, because giving up something, or even cutting back from something like cigarette is often difficult. And if somebody is so determine to give this habit such a person should be congratulated and celebrated.

Though it's difficult to give up this habit or any of such bad habit, but it's possible if you are serious about it. You have to believe in yourself that you can quit if any other addicted person can quit. Once you make up your mind to embark on this life changing task you have to establish a goal - a specific date. Make it realistic so that you don't quit too soon.

Write out plan you believe is suitable for your personality. You can take a look at various applicable methods online. Once you have a plan you need to establish a reason why you should quit smoking. Write down the reason why. It's very important. Just likes most kids will hardly agree to take up a task without knowing what it will benefit them at first. If you have enough reason why, you will surely give it time and dedication needed. Some of benefits you need to consider are long life, healthy body, feel better, save money among others.

To achieve your goal on specific date, you will have to seek support of your doctor. As a matter of fact you will certainly get support and guidance of your doctor. Doctors will advice you on what you can take to replace the effect of nicotine in most cigarettes. They will advice on type of exercise program that's suitable for you. This will help you recover from years of damage from nicotine in cigarettes. Support of your friends and family will be helpful too if you make your goal known to them.

Quit Smoking By Preparing Yourself

It is a well known fact that smoking is highly addictive, and many smokers have a very difficult time quitting. Besides the physical component of the addiction, there is also a psychological one: smoking is socially acceptable in many situations, and, of course, entirely legal. For these reasons it can be doubly difficult to quit smoking, especially if you have friends who smoke, or you regularly go to places that you associate with smoking. One of the first things you should do when attempting to quit smoking is to adequately prepare yourself. Quitting doesn't begin with merely stopping one day - you should prepare yourself in advance in order to ensure success.

The psychological element of your smoking addiction has a lot to do with daily habits. The reason that smoking can become so difficult to quit is because the act entrenches itself into your daily life and routines, to the point where you give it little thought. Before they start to seriously think about quitting, most smokers will likely agree that smoking is simply something they do - it's not something they are particularly aware of on a day to day level.

So the first thing you should do to prepare yourself to quit smoking is to change your smoking habits: switch the brand of cigarettes you smoke, smoke at times of the day you don't normally, and smoke with your other hand. All these things work towards making you more aware of what you are doing when you smoke, and making smoking integrate itself less seamlessly with your other activities.

Another good example of this is to make the following rule for yourself: when you smoke, you are not allowed to do anything else. So for example: no smoking while reading, no smoking while using the computer, etc. Force yourself to do nothing but sit and think about cigarettes when you smoke. This exercise will serve two functions: first of all, it will make you think about smoking much more, and ideally about how you're going to quit smoking; and second, depending on how much you smoke, it will make you aware of the time you waste doing it. For most people, the habit will seem much more severe - and thus there will be much more motivation to stop - when you add up all the minutes spent doing it.

To quit smoking is a serious undertaking, and you want to do everything in your power to ensure a high chance of success. Too many smokers simply try and quit cold turkey, and while this can be effective for some people, for most it doesn't work, and when you fail it will become harder to work up the morale to try again. By thinking of your plan to quit smoking as a long term one, you

Quit Smoking Today!

do yourself a lot of favors. So remember that the act of quitting smoking begins long before you stub out the final cigarette: you should adequately prepare yourself for weeks beforehand by making abrupt changes in your smoking habits

Think Of Yourself As A Non-Smoker

A good mental trick to try when you finally quit is to immediately think of yourself as a non-smoker. Even if it's only been a few hours or days since your final cigarette, think of yourself as a non-smoker - as if you've never had a cigarette. Then, whenever you find yourself craving a cigarette say to yourself "why would I want a cigarette? I don't smoke."

It's important that you take mental steps like this when you quit smoking. Although the physical component of a cigarette addiction can be hard to overcome, especially if you have been smoking for a long time, the physical element of your addiction is also the part most easily treated with medication. It is with the mental or psychological component of your addiction that the fiercest battle will be fought.

By thinking of yourself as a non-smoker instantly, you are taking an important, active step. Although it may seem silly to think of yourself this way if you've only stopped smoking for a day or two, try it: you'll find that if you define yourself as a non-smoker, the idea of having a cigarette will require a long justification. It will make you truly think about having a cigarette - after all: it's not normal for a non-smoker to smoke, is it?

If you fail to do this, it will simply be too easy to lapse back into occasional smoking. It is, of course, fairly common for a very recent ex-smoker to take a drag now and then, isn't it? If you don't think of yourself as an ex-smoker you'll allow yourself these indulgences - an occasional drag, or even a full cigarette now and then - that will almost certainly ensure that your attempt to quit smoking ends in failure.

Let Other People Know That You've Quit

Many smokers, when they try to quit smoking, have a tendency not to talk about it too much, because they fear discussion of cigarettes and quitting will only increase the desire to have one. In most cases, however, the opposite is the case. If you tell everyone you interact with that you've quit smoking, you'll likely receive lots of support, which is crucial to the overall process.

Someone who doesn't support your attempt to quit smoking isn't a true friend, and most people will find that almost everyone they know will be very supportive of the idea. By letting the people around you know that you've quit smoking, you will be creating an instant support group that will be there if you find yourself having trouble. Most good friends aren't going to let you have a cigarette in their presence, and if you don't want to tell people that you've quit smoking, you should think carefully about the reasons: it's probably because on some level you'd like to be able to smoke - to lapse occasionally - without being hassled or feeling like a failure.

Another great reason to let people know that you've quit smoking is that other smokers that you know are likely going to be very interested and want to know how you quit and how it's going. Regularly discussing your quitting process with other envious smokers will reinforce to you the reasons why you decided to quit in the first place, and greatly increase your chances of success. Most smokers will pepper you with questions when they find out you've quit, and it gives you a chance to tell them how much better you're feeling, how much money you're saving, etc.

Don't Scrap the Whole Plan if You Slip-Up

When you try to quit smoking, you have to understand that statistically, most ex-smokers had to try multiple times before they eventually quit. It is completely normal and in no way a failure if you slip-up and start smoking again. The key, though, is to not give up: you simply can't say yourself "okay, it didn't work, it's impossible" etc.

If you do slip-up up - let's say you were doing fine and then went out with friends and drank heavily and smoked all night - try to quit again immediately. Don't wake up hung-over after a night of smoking, get up and go to a store to buy cigarettes. Instead, acknowledge the lapse and understand that it is a common part of the process. You are in no way a failure, and you can still get your quitting attempt back on track.

This doesn't mean, of course, that you should think of lapses as something that is completely okay - you can't say you've quit smoking and then go out and smoke every Friday night. On the contrary, you should very much try and avoid even the most innocent of lapses: don't get stuck in the line of thinking where "one drag" is okay.

If, however, you do have a lapse, you have to make sure it's not thought of as a failure. You should still think of yourself as a non-smoker. To give up and decide that you're going to smoke again after you slip-up is to deny one of the most fundamental realities about quitting smoking: it is a very difficult thing to do, and for most people takes multiple steps.

Quit Smoking Today!



Publisher :

Author :

Type the URL : <http://www.kopykitab.com/product/1972>



Get this eBook