Be Smoke Free

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DISCLAIMER

This document is meant to assist smokers quit smoking tobacco products. The author does not take responsibility for improper use of this document.

DEDICATION

The manual is dedicated to Dr Michael Dworkind for having started the smoking cessation program at the Jewish General Hospital in Montreal, Canada.

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Be Smoke Free

A *Quick* guide to stop smoking cigarettes and other tobacco products

by

Joseph Erban

CONTENTS

Preface……..7
1.Why Quit? The health effects of smoking. …….11
2.Why is tobacco smoke so addictive and harmful?……...17
3. The benefits of quitting smoking..……..21
4. Preparing for quit day…….25
5. Medications to help you quit smoking……...31
6. What to expect when you quit.. ……45
7. Quit day strategies…… .51
8. How to remain smoke free…….57
Notes……..61

Preface

As you probably already know, stopping smoking is the most important thing that you can do for yourself. In a short while, I'll explain why I believe this to be the case. However, I must admit, quitting smoking is a major challenge.

As a former smoker myself, and currently a smoking cessation counsellor, working in a busy hospital in Montreal, Canada, I regularly encounter the challenges and concerns of people who want to quit smoking. At the same time, I also note the great delight and pride that many of my clients express once they overcome the difficulties of quitting smoking.

A common observation I have noted in my practice is that once my clients are empowered with the right skills and tools to quit smoking, they have an increased chance living a smoke-free lifestyle.

When it comes to quitting smoking you will need as much knowledge and as many skills and strategies in order to overcome this addiction.

I say "addiction" because smoking tobacco is, for the most part, an addiction. Because smoking tobacco is an addiction, it is difficult to quit. Metaphorically, quitting smoking can be compared to people climbing a steep mountain. Sometimes, when people climb such a mountain, some can fall back to where they began, but once they arrive

at the summit they can look back and marvel at their wonderful accomplishment.

This book will assist you to climb that difficult mountain. In this journey, we will examine why it is so difficult to achieve that goal, and we will share with you evidence-based knowledge that will greatly maximize your chances of reaching its peak and with know-how, hopefully, of not falling back.

The realization that giving up cigarettes is a complex process, much like climbing a steep mountain, with physical, psychological and social or environmental components, influenced my counselling methods that focus on dealing with all these aspects.

I wish to share this approach with those of you who may be contemplating wanting to stop smoking, but who may be afraid because of past unsuccessful attempts. There are many ways in which you can control, and, in some instances, even improve upon your physical as well as your psychological well-being, without smoking. I wish to share with you ways of coping with the problems involved in trying to quit, and how to overcome them.

Many of you may have tried to quit before. If you were to tell me that you've attempted to quit before, but failed, that, to me, indicates that you are highly motivated to want to try again, rather than you being a failure. I don’t see wanting to stop and not having achieved this as a failure at all. Rather, I see you being highly motivated, but not yet having the necessary techniques to achieve this goal. Once again, using the metaphor of climbing a mountain, I see you as wanting to

reach the top of the mountain, but not having the right tools and strategies to get there.

My experience with my clients showed me that it could take several major attempts before a smoker can become free from cigarettes. As well, with each attempt you will increase your chance of eventually becoming smoke free. If you have not yet stopped smoking, it simply means that you haven't, as yet, found the way to quit that is appropriate for you - but there is such a path!

I say this not only because I have witnessed hundreds of my clients achieve that goal, but there are millions of people out there who were smokers and are now ex-smokers. If they were able to quit, so can you. The secret is to never give up; eventually you too will achieve this goal.

Sometimes all a person needs is the desire to achieve the goal of quitting smoking, as well as a bit of support, and a lot of know-how in order to finally become smoke free. This is what this book will share with you.

Joseph Erban
Montreal, Canada,
2011

CHAPTER 1: Why Quit? The Health Effects Of Smoking

Many smokers want to stop smoking because they are concerned about the unhealthy effects of tobacco smoke. Those concerns are rationally justifiable.

Over the course of the 20th century, scientists progressively discovered the harmful effects that tobacco smoke has on people's health. While I rather prefer to focus my discussion on the benefits of stopping smoking, I think it is important to have a clear and informed understanding of what the health risks are for smokers. And, as you will shortly find out, they are enormous.

According to a recent report by the World Health Organization on the global tobacco epidemic, in the 20th century alone, tobacco killed 100 million people worldwide. During this century, it could kill upwards of 1 billion people if the current trend of smoking continues without change. By 2030 more than 80% of tobacco deaths will be in the developing countries such as China and India. According to the report, tobacco is the single most preventable cause of death in the world today. This year alone, tobacco will kill more people than tuberculosis, HIV/AIDS and malaria combined. Currently, 5.4 million people die annually due to the tobacco epidemic. [1]

One out of two long-term smokers will die as a result of their smoking.

Those who will die from smoking will lose, on average, 10 years of life expectancy.[2]

Also, the quality of life of smokers is reduced. Many toxins found in tobacco smoke affect practically every organ of the body.[3]

Several cancers are attributable to smoking. These are: cancer of the lung, upper respiratory, head and neck, bladder, cervical, kidney, stomach, pancreas, myeloid leukemia and breast cancer.[4]

There are deadly respiratory diseases that are caused by smoking, such as chronic obstructive pulmonary disease, which can lead to extreme breathing difficulties

Deadly circulatory diseases such as heart attack, stroke, aortic aneurysm (which can result in the rupture of the aorta) are caused by smoking. Tobacco smoking also increases the chance of arteriosclerosis, which leads to partial blockage of the arteries and decreased blood supply to extremities such as hands and feet.

As well, ulcers of the stomach and the intestine are also known to be linked to smoking.

The following bodily functions are lowered in smokers: fertility is poorer in female smokers; menopause begins years earlier than in non-smokers; in male smokers sperm count is reduced and mobility of sperm is lowered. Also, sperm are less able to enter the ovum. As well, there is an increase in shape abnormalities of sperm. Males are at greater risks of: impotence, erectile dysfunction and volume decline of ejaculation.

In both sexes, the immune system can become impaired as well. Smokers place themselves under greater risk for diseases of the teeth

and gums. There is an increased risk of muscle injuries. Also, an increased chance of neck and back pain and osteoporosis, or loss of bone mass.

And there is increased risk for skin diseases such as skin wrinkles and psoriasis. Moreover, the eyes are more affected by smoking, so that smokers are at greater risk of cataracts and other diseases that can result in *loss of vision*.

The above are just some of the risks of disease caused to smokers directly from their smoking. But the smoke that is released from cigarettes or any other smoked tobacco product into the surroundings can also cause harm and disease to people who are around smokers.

"When a person smokes near you, you breathe in second-hand smoke. When someone smokes inside a home, car or [any enclosed area], everyone inside breathes second-hand smoke." [5]

Chemicals found in second-hand smoke also are known to cause cancer and other diseases.

Second-hand smoke also:

"Causes sore eyes and throat, nasal irritation, headaches, coughing and wheezing, nausea and dizziness. You are more likely to get colds and the flu. Breathing in second-hand smoke can also trigger asthma attacks and increase your chances of getting bronchitis and pneumonia. If you have been exposed to second-hand smoke for a long time, you are more likely to develop and die from heart problems, breathing problems and lung cancer.

Second-hand smoke can harm babies before and after they are born. Several chemicals in second-hand smoke can pass into the

baby's blood affecting how your unborn baby develops. If you smoke or are around second-hand smoke while you are pregnant, you are more likely to: miscarry; deliver early; experience problems during labour. Also, babies exposed to second-hand smoke before they were born are more likely to be small and less healthy. They are also at higher risk from dying during childbirth or dying of SIDS (sudden infant death syndrome). If you're breast-feeding, keep in mind that some chemicals from second-hand smoke are passed directly from breast milk to the baby….

Mothers who don't smoke are healthier. They have easier pregnancies and labours, and faster recoveries after giving birth…. Second-hand smoke hurts older children too. Children are more at risk of getting sick than adults when they breathe in second-hand smoke because their bodies are still growing. They breathe faster than adults, so they absorb more harmful chemicals. Children's immune system, which protects them from getting sick, is not yet fully developed.

Children have less control over their surroundings than adults do. Unlike adults, children are less likely to leave smoky places by themselves. Some children may not feel comfortable complaining about second-hand smoke. Compared to children of non-smokers, children who regularly breathe in second-hand smoke are more likely to suffer from: coughing and wheezing; painful ear infections, asthma and other breathing problems such as bronchitis, croup and pneumonia. They are also more likely to have higher risk of heart disease and to take up smoking themselves…. Second-hand smoke is even more dangerous inside the small air space in your car because the smoke is

more concentrated. The chemicals remain in the car even when the tobacco is no longer burning."[6]

There is evidence that the illness and harm caused by smoking and second-hand smoke that was mentioned above is often underestimated by people who smoke.[7] Nevertheless, numerous scientific studies can substantiate these unhealthy effects.[8] The way that researchers have validated these findings was by studying smokers and people who have been exposed to second-hand smoke over the course of their lives and compared them with similar people who never smoked nor were exposed to second-hand smoke. In numerous studies involving ten of thousands of people, smokers and people exposed to second-hand smoke had greater risk for those diseases mentioned earlier. These findings have been researched over and over again and are available in numerous articles and books by eminent researchers.[9]

As you will see in the next chapter, the benefits of quitting will ensure that much of the danger associated with smoking will be eliminated once you quit smoking tobacco.

So the benefits of stopping are certainly worth considering it up.

CHAPTER 2: Why Is Tobacco Smoke So Addictive And Harmful?

When tobacco burns, it produces a mixture of gases and small particles. This mixture contains more than 4000 different types of chemicals. When smoke is inhaled, these chemicals enter the lungs. Over 50 of these chemicals are known to be carcinogenic.[1] A carcinogenic substance is any substance that causes cancer.

Other substances found in tobacco smoke cause other types of disease The following are only some of the harmful substances that are found in tobacco smoke: hydrogen cyanide, tar, formaldehyde, benzene, carbon monoxide and many more.[2]

One chemical that is found in tobacco smoke is *nicotine*. It is nicotine that is the addictive substance found in tobacco smoke. Smoking delivers nicotine that is in vapour form. Once in the lungs, nicotine is absorbed via the specialized cells making up the lungs called *alveoli*. Blood vessels then quickly distribute nicotine throughout the body. Within 20 seconds tobacco smoke deliveries nicotine to the brain.[3]

When nicotine reaches the brain, it attaches itself to special sites on certain brain cells. This effect causes the cells to produce an increased amount of a substance called *dopamine*. The increase in dopamine is associated with a sense of pleasure. In part, it is nicotine that produces the pleasurable effects of tobacco smoke. [4]

The addictive nature of nicotine is caused by the speed and intensity of the pleasurable experience after inhalation. Once smokers discover pleasure due to smoking, they seek to reproduce the same effect repeatedly. The experience of pleasure reinforces the continuation of smoking because of the resulting reward. [5]

However, once smokers use cigarettes regularly, there is a need to continue to smoke in order to maintain a certain level of nicotine in the body. Smokers generally need a certain amount of nicotine just to function normally, otherwise they may experience withdrawal symptoms. [6]

Nicotine is broken down or metabolized in the body fairly quickly. About every 2 hours, half the nicotine is broken down by the body and eliminated. This causes the level of nicotine to drop from the level that the body has become accustomed to. Smokers continue to smoke in order to maintain the amount of nicotine at the level that their body requires. Otherwise, smokers will experience withdrawal symptoms.[7]

This effect is most noticeable after a night's sleep. If a smoker does not wake up during the night to smoke, her nicotine level drops significantly. A decrease in nicotine from the level that the person needs to simply function causes her to experience withdrawal symptoms. Withdrawal symptoms can be both physical and mental.

The following are some symptoms of withdrawal symptoms that smokers report when they stop smoking:

- “Irritability or aggression
- Depression
- Restlessness
- Poor concentration
- Increased appetite
- Light-headedness
- Insomnia
- Constipation
- And craving for cigarettes” [8]

Many of these symptoms are, at first, subtle. They do, however, become more pronounced when the level of nicotine decreases once smokers stop smoking, or are unable to smoke over an extended period of time.

Such withdrawal symptoms cause smokers to experience cravings to smoke in order to increase the level of nicotine in their body. Smokers, therefore, continue to smoke in order to avoid discomfort due to the various withdrawal symptoms caused by a decrease in the nicotine level in their body.

In the process of consuming nicotine, smokers also consume 4000 other compounds that are found in tobacco smoke including at least 50 which are known to cause cancer and over 150 other chemicals that cause other diseases and poor health.[9]

Therefore, the consumption of nicotine by smoking is a contaminated way that smokers consume nicotine. Aside from the addictive nature of nicotine, nicotine per se does not cause any of the

known diseases mentioned earlier. Nevertheless, nicotine is considered by the medical profession to be one of the most addictive substances known to humans."[10]

CHAPTER 3: The Benefits Of Quitting Smoking

According to the Surgeon General's report, “people who quit smoking live longer than those who continue to smoke.” [1] Quitting smoking increases life expectancy because it reduces the risk of dying from smoking-related diseases. In an article entitled “Health Consequences of Sustained Smoking Cessation” the authors conclude that there is no significant difference between ex-smokers and people who never smoked if smokers quit and remain smoke free. [2]

Once smokers quit, their chance of developing smoking related illnesses are the same as for someone who has never smoked, the only exception being lung cancer. Nevertheless, ex-smokers have a much lower risk of contracting lung cancer than smokers who continue smoking. [3]

The consequences of these reports conclude that the health benefits of quitting apply to both women and men, young or old and to those who are sick or who are well. Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives. [4]

The benefits of quitting smoking occur very soon after a person stops. According to Health Canada:

“Within eight hours [after you stop smoking the] carbon monoxide level drops in your body, and oxygen levels in your blood increase to normal. Within 48 hours your chances of having a heart

attack start to go down [and] the sense of smell and taste begin to improve. Within 72 hours bronchial tubes relax making breathing easier and lung capacity increases. Within 2 weeks to 3 months circulation improves, lung function increases up to 30 percent. Within six months coughing, sinus congestion, tiredness and shortness of breath improve. Within a year the risk of smoking related heart attack is cut to half. Within 10 years, risk of dying from lung cancer is cut in half. Within 15 years, your risk of dying from heart attack is equal to a person who has never smoked." [5]

By stopping smoking you will no longer expose people around you to second-hand smoke and therefore reduce their chances of becoming ill.

There are additional benefits of quitting smoking:

- "You will have more money to spend on things that you were not able to afford because that money was spent on cigarettes.
- Your costs of cleaning clothes, carpets, and furniture may go down.
- Your clothes and hair will smell better.
- Your life and house insurance premiums may go down.
- You will look and feel younger. Smoking causes fatigue, wrinkles and premature aging.
- You will have more time and energy to do the things that you love.

- Your teeth will be whiter and fingers will no longer be yellow.
- You will feel proud of yourself for having achieved something so challenging.
- Quitting might increase self-confidence in undertaking other challenges.
- Many smokers remember the day they quit, because it is a milestone and a source of great pride.
- You will be free from cigarettes that will no longer control your life.
- You will be setting a great example for your family, friends and other smokers.
- No need to worry about which place you go to or when or whether you can smoke in a particular place.
- No more feeling guilt, shame or hiding, because you will no longer smoke.
- You will attain a sense of great pride and assurance at having conquered cigarettes." [6]

As you can see, these and other benefits far surpass the initial time spent on quitting smoking. Ask yourself, what would I gain if I were to quit? And begin outlining your personal reasons for wanting to quit.

When you come up with a list 3 to 5 reasons that are sufficient to motivate you to quit smoking, you are ready to continue, otherwise read over the previous chapters and come up with a list of reasons that

will compel you to embark on a journey to become smoke free. It's worth the effort! So focus on the benefits of quitting as you further prepare for a designated quit day.

CHAPTER 4: Preparing For Quit Day

It is important to choose a quit day in advance and to prepare for that day. People who do not choose a quit day tend to postpone quitting and that could remain so indefinitely. Make sure that the day that you choose is not hectic, so that you can focus primarily on quitting smoking. You might want to write the day in your agenda as you begin preparing for that day.

It is also important that you remind yourself regularly of the reasons why you've decided to quit smoking in the first place. Try to focus on the benefits of quitting smoking, such as improved health and well-being, or the fact that you want to be free of cigarettes, or think of the money you can save, etc. By focusing on the benefits of quitting, you will feel good and motivated about embarking on this journey.

Try to develop the attitude of wanting to no longer be a smoker. Some people may feel uncertain as to whether they would be able to become smoke free. Think of quitting smoking like climbing a steep mountain that you wish to conquer. Arriving to that summit is you being proudly smoke-free and enjoying the benefits of your effort. Recall your previous accomplishments. If, in the past, you were able to overcome difficult challenges, then those achievements can give you additional confidence in undertaking this particular journey.

Also, you might want to think of the strengths and personal qualities that you have used to achieve your past accomplishments. You may find these same strengths or personal characteristics can

likewise help you accomplish quitting smoking. Among these may be your perseverance and wish to become smoke free.

You might want to repeat to yourself daily, "I really do want to be smoke free" and 3 to 5 reasons why you want to do so. If you *really* want to quit, you will eventually achieve that goal, as you have accomplished other goals in your life. All that is required is persistence and know-how in wanting to achieve your goal of becoming smoke free.

An essential aspect to know is that smoking is often linked with other events. These events may be external to you, such as a cup of coffee, or after a meal, that are often associated with your smoking. Also, for some people, smoking is linked with internal emotions, such as anger, depression or anxiety. Therefore, it is important to become aware of the sorts of events, either external or internal, that you link your smoking with.

Do you smoke when you wake up? Do you smoke after a meal? Do you smoke with your tea or coffee? Do you smoke because you are tense or angry? Those events that are associated with your smoking can act as *triggers* to your wanting to smoke.

Triggers can be thought of as any events which cause you to have an urge to smoke a cigarette. The urge to have a cigarette and smoke it is what is meant to have a *craving* for a cigarette. There are many reasons why smokers crave cigarettes

Having a craving for a cigarette or other tobacco product is often followed by events, which you have often linked with cigarettes in the past. So that if coffee or tea was often connected with smoking, once

you quit smoking, the presence of coffee or tea could cause you to have a craving for a cigarette. Therefore, it is important, as you prepare for your quit day, to become aware of which events you connect your smoking with, so that you can plan with certain strategies on how to deal with those events without cigarettes.

Also, you might want to follow how many cigarettes you smoke in a given day. In order to do so, take a piece of paper and attach it to your pack of cigarettes with a rubber band. Each time you are about to smoke a cigarette, simply make a small line on that piece of paper to see how many cigarettes you actually smoke on that day. This will clarify your smoking pattern so that you become aware of how many cigarettes you actually smoke.

Recall that tobacco smoke contains at least 4000 different types of chemicals including nicotine, the addictive substance. Once you stop smoking you stop consuming over 4000 compounds including nicotine. After years of smoking cigarettes, your body requires a certain amount of nicotine just to function normally.

Stopping smoking causes the level of nicotine in your body to begin to drop because your body breaks down nicotine very quickly. Every hour or so that you do not smoke, the nicotine level in your body diminishes further and further. At first there is only a slight drop in the level of nicotine. However, every hour that you do not smoke, the level of nicotine falls further and further. The lower the level of nicotine compared to the level that your body has become used to, the greater is the chance that you will experience withdrawal *symptoms* and cravings for cigarettes.[1]

There are various safe medications, which can help you quit smoking. Many scientific studies show that by using such medications you can double your chances of quitting smoking. [2] These medications help you deal better when you quit smoking by reducing the *severity* of withdrawal symptoms and your craving for cigarettes. You don't absolutely need these medications to quit smoking, but they can be of great help. Depending on where you live, some of you might have access to these products. If you do, you might want to consider using such medications. They are worth the initial cost and significantly increase your chances of succeeding. However, some of you might not have access to these medications. You can still succeed, though!

Also, some of you may have previously tried smoking cessation medications in your previous attempts. If they helped you, then you might want to consider using them again. Or, if you haven't tried using such medications to help you quit smoking before, then maybe this time you might want to consider the various options, presented below, which are available to you.

If you are considering using any of the medications, which I will discuss in greater length with you in the next chapter, I suggest that you see your family doctor for your prescription and discuss with your doctor which medication would be most appropriate for you.

In many countries, however, many of these medications do not require a prescription and can be obtained over the counter in your pharmacy. Make sure that these have been clinically tested and are legitimate products. Be cautious with medications, which are sold on the Internet, as many are forgeries (do not contain the medication they

claim, or are too old and beyond expiry date). Also, some medications sold on the Internet are not medications which have been tested for either effectiveness or safety. It is best, in such a case, to discuss these medications with your pharmacist or family doctor.

Also, you should feel comfortable with the choice, which you, and your health care provider, have decided would be appropriate for you. Once you have decided on the medication that you prefer, consider getting them before your quit day.

The following chapter will outline the various medications that have been approved by several health agencies throughout the world to help you quit smoking.[3]

CHAPTER 5: Medications To Help You Quit Smoking

For those who *do not* have access to the following medications or find such medications too expensive, you may consider skipping this chapter and continue reading on Chapter 6.

Also, some people with certain medical conditions, which I will mention below, should not use such medications.

Nevertheless, for those who have access to these medications and who can use them, the evidence suggests that such medication improves the chance of quitting compared to people who attempt to quit without them. These medications will help you better control your craving for cigarettes and your withdrawal symptoms.[1]

Your preference plays an important role in choosing which medication is best suited for you. It is pointless choosing a medication, which you will not take. You ought to feel comfortable with the decision and have reasonable expectation and confidence in using the medication correctly. If you do not wish to take a particular medication, you might want to discuss this with your doctor/nurse who can, as well, assist you. There may be benefits in using medication to help you quit, which your doctor/nurse can explain to you more completely.

If and when you do talk about this with your healthcare provider, it is important for you to evaluate the pros and cons of the options

available to you, and actively take part in discussing and deciding what is in your best interest.

As well, if previously you were successful in quitting for a period of time with a particular medication, you might want to consider using this medication again. Reasons other than the medication might have caused you to relapse. So you might want to reuse that medication which may have helped you in the past and learn more about what previously has caused you to go back.

If, however, you have used an approved medication, which did not work for you, share that information with your clinician, so that he or she may be informed and can better assist you to explain why such an attempt did not succeed previously. Furthermore, if you were unsuccessful with a particular medication, you probably should consider not using it again, or, maybe adjusting the way in which you used it in the past. When discussing these medications with your clinician, issues of proper use, safety and additional advice are essential in choosing the right product for you.

Factors that would exclude you using a particular drug should be discussed with your healthcare provider.

For the most part, these medications are to be used for three months. Over a three month period, quitters will experience less craving and withdrawal symptoms when using such products.[2]

As smokers, you already consume nicotine when you smoke tobacco products. For the most part, you will be able to tolerate medications, which contain nicotine (*Nicotine Replacement Therapy - NRT*) as these medications contain exactly the same nicotine that you

would have consumed from your cigarettes, but without the 4000 or so other compounds, many of which are dangerous to your health. These products have been shown to be safe, provided they are used as recommended, and by people who do not have conditions that prohibit them from using these medications (to be discussed below). [3]

By using nicotine replacement medication you will be able to gradually lower the level of nicotine in your body over the course of three months of daily use. This will ensure that there will be a gradual reduction in the nicotine level. A gradual reduction of nicotine will avoid a rapid drop of nicotine in your body. A rapid drop of nicotine can often cause withdrawal symptoms and the craving for tobacco. [4]

By using nicotine replacement therapy, you will accustom yourself gradually to lower levels of nicotine. After three months of using these drugs you will no longer have nicotine in the body and you will have stopped smoking. The following are the most commonly found products, which are available in numerous countries.

The following five medications are referred to as nicotine replacement therapy (NRT) since they contain nicotine, but without the toxins found in cigarettes. When taken correctly these medications are safe. Speak to your doctor for more information about them.

Nicotine gum [5]

Nicotine gum comes in two dosages: 2 milligram and 4 milligram. If smokers smoke 20 cigarettes or less a day, the 2

milligram gum is recommended. If smokers smoke more than 20 cigarettes a day, the 4-milligram gum is recommended.

It is important to use the gum correctly. The way to use nicotine gum is by the method termed “chew- taste - park”. You bite the gum five times, taste the flavour and then park the gum between the cheek and adjacent teeth. Biting into the gum releases the nicotine. The nicotine is then absorbed by the blood vessels lining the mouth.

After having placed the gum between the cheek and the teeth for five minutes, bite into the gum again five times, and, once again, place the gum between the cheek and teeth for five minutes. Repeat this process of biting five times and parking the gum underneath the tongue or between the gum and the cheek for five minutes for a period of 30 minutes. After 30 minutes discard the gum, because it no longer contains any nicotine. You can use one piece of gum every hour. The daily amount of gum recommended is 10- 16 pieces of gum per day over the course of 3 months.

It is important not to drink anything at the same time as you're using the gum. Drinking while chewing will wash the nicotine into the stomach where it is poorly absorbed. Also, if you chew nicotine gum like a regular gum, this will cause a rapid release of nicotine and increase saliva formation. Much of the nicotine will then be swallowed into the stomach where it is poorly absorbed.

Nicotine is absorbed by parking the gum between your cheek and teeth or underneath your tongue.

Some of the side effects of the gum may be soreness of mouth, hiccups and jaw aches. These are usually mild and can be corrected by

using the gum properly. Avoid using the gum for more than 30 minutes in order to save your strength for the next piece. Also, patients with dentures or other teeth or mouth problems may have difficulties using this product.[6]

As mentioned, the recommended period for usage of nicotine gum is three months. However, about 6% of users of nicotine gum can become longer-term users.

Some people may require using the gum for a longer period than the recommended 3 months period. Should that become the case, then that option is better than you re-starting smoking again. This is because the gum contains nicotine only, while a cigarette contains 4000 additional compounds, many of which are harmful.[7]

Evidently, though, it is important that somewhere in the process of quitting, say, after three months of use, that you attempt to gradually reduce and wean yourself off the use of the gum. In order to decrease using nicotine gum, you may want to follow these simple steps:

1. After three months of using the gum, begin to monitor the amount of pieces of gum that you have been consuming daily.
2. Attempt to reduce the number of daily pieces of gum by at least 1 piece of gum per day and remain at that level for 1 week, so that you may become accustomed to a slightly lower level of nicotine.
3. The following week try again to reduce your daily gum usage by 1 piece of gum per day.

4. Once you have reached the last piece of nicotine gum per day, set aside three days where you will no longer use any nicotine gum.
5. You may experience fatigue or lack of concentration or any other common withdrawal symptom. It is important, therefore, not to undertake any additional work during this period, if you can.

Always keep the nicotine gum handy just in case you feel a strong urge for a cigarette. It is always a better option for you to reuse the nicotine gum rather than restarting smoking.

Another product that can help you deal better with withdrawal and craving for tobacco is the nicotine lozenge.

Nicotine Lozenge [8]

Depending on where you live, the lozenge comes in three strengths: 1 milligram, 2 milligram, or 4 milligram. For very light smokers (less than 10 cigarettes per day) the 1 milligram lozenge may be appropriate. For smokers who smoke more than 10 but less than 20 cigarettes per day, the 2-milligram lozenge is recommended. For smokers who smoke more than 20 cigarettes per day, the 4-milligram lozenge may be recommended.

Read the package insert carefully. You can use up to 20 pieces per day. That is 1 lozenge every 1 to 2 hours, and no more than 5 lozenges in 6 hours.

Once again, it is important not to drink for 15 minutes before and 15 minutes after using a lozenge. Drinking while using a lozenge will wash the nicotine to the stomach resulting in poor absorption and possible nausea.

Each lozenge lasts 30 minutes. Move the lozenge a few times in the mouth and then place the lozenge underneath your tongue. The nicotine derived from the lozenge is absorbed through the blood vessels that line your mouth.

Nicotine lozenges may cause burning or irritation in the mouth for some users. If that is the case, discontinue using this medication. It is important to use at least 9 lozenges per day in order to avoid a rapid drop in nicotine.[9]

Another product that contains nicotine is the nicotine inhaler.

Nicotine Inhaler[10]

A nicotine cartridge is inserted into a plastic mouthpiece that can be used for up to 20 minutes of continuous use. When finished, discard the cartridge and replace it with a new one. Each cartridge contains 10 milligrams of nicotine, 4 milligrams of which will actually get absorbed in the blood stream. As well, each cartridge delivers up to 80 puffs. You can use anywhere from 6 to 12 cartridges per day.

Like the other products, it is recommended to use this medication correctly. When smoking cigarettes, you probably inhaled nicotine primarily through your lungs. When using the nicotine inhaler, nicotine

is absorbed through the blood vessels which line your mouth in a manner similar to the nicotine gum or lozenge.

The way to use the nicotine inhaler is to take short inhalations, much like smoking a cigar or pipe. This will avoid particles from the inhaler irritating your throat and larynx. Remember, nicotine from the inhaler is absorbed via the blood vessels of your mouth, not through the lungs. Therefore, avoid deep inhalations.

It is also important not to drink any fluids while using this product. Also, if you do decide to use this product, it is important to use it regularly in order to avoid a drop in nicotine. When not used often, it could lead to increased withdrawal and craving for cigarettes.[11]

The use of the nicotine inhaler could result in throat irritation, coughing and runny nose. However, once you learn to use it correctly, those symptoms can be avoided. Unlike the nicotine gum or lozenge, the nicotine inhaler can be used for up to six months. Read carefully the insert that accompanies the product [12]

After three months, begin to monitor how many cartridges you use daily, and start to gradually reduce use of the inhaler. Attempt to reduce by one cartridge daily and remain at that level for a period of 1 week. For example, if you have been using 8 cartridges per day, when you begin your reduction, use 7 cartridges per day and remain at that level for 1 week. The following week use just 6 cartridges per day and remain at that level for 1 week, and so on. Each week, attempt reducing your daily cartridge use by at least one cartridge. If you need

to reduce your intake at a slower pace do so. What is important is that you reduce your nicotine at a rate that you feel comfortable with.

This reduction process will enable you to become accustomed to a slightly lower level of nicotine gradually, and thus avoids a rapid drop in nicotine that may cause you to experience cravings for cigarettes or other withdrawal symptoms.

There is a less than 2% chance that the user will use the nicotine inhaler for longer than the six months recommended period. [13] To repeat, using the inhaler is a better option then starting smoking again. Nevertheless, it is highly advisable that eventually the use of the nicotine inhaler be terminated after six months.

Nicotine Nasal Spray [14]

The nicotine nasal spray (NS) delivers 1 milligram of nicotine per 2 sprays which is absorbed via the "nasal mucosa" .[15]

" Method of use: Insert the nasal spray tip into the nostril, pointing the top towards the back of the nose, and squirt one shot into each nostril. Note: probably not recommended for smokers who suffer from nasal problems. Initial side effect: Some local irritation (burning sensation) in the nostril. Sneezing and eyes may water. Recommended daily use: 2 squirts regularly throughout the day. " [16] Total squirts are from 8 to 40 per day. [17]

Nasal spray is absorbed rapidly making it effective when the craving for cigarettes is difficult to manage.

It can also cause "sneezing, coughing, runny nose and tearing....About 15-20% of the patients use the spray for longer than intended, and about 5% use the spray more frequently than recommended. (Fiore et al., 2000). However, these patterns of use are less risky to health than continuing smoking....Patients with chronic nasal problems (e.g., polyps or small growths), nasal inflammation or sensitivity, severe asthma, or other breathing difficulties probably should not use NS".[18]

The nicotine gum, lozenge, inhaler and nasal spray are nicotine replacement therapies that are fast acting. That is to say, nicotine gets absorbed into the body fairly quickly after the user begins to use these products. [19] Make sure to use only one of these products at a time.

Nicotine Patch[20]

There is another product that also contains nicotine, which is absorbed through the skin. This product is the nicotine patch. Each patch is worn preferably on the upper part of a person's body. A good place to put the patch would be the upper arm or upper chest. Wash the area and dry it thoroughly. Adhere the patch to the skin, putting pressure on it for 10 seconds to ensure its adhesion.[21]

Step 1 is for smokers who smoke more than 20 cigarettes per day. Each Step 1 patch contains 21 milligrams, which is delivered over the course of 24 hours. In some countries Step 1 can contain 15

milligrams, which is delivered in 16 hours. So read the package insert to see which type of patch is available in your area. It can take up to four hours before an optimum level of nicotine is absorbed through the skin. Therefore, this form of nicotine delivery is referred to as slow release.[22] However, once this optimum level is achieved, the nicotine patch will deliver a constant flow of nicotine. This will ensure that there is no further drop in the level of nicotine in your body. Each patch must be changed once every 24 hours, if the patch was designed to be worn for that period of time, or 16 hours if the patch was designed to be worn for that length of time. So read the package insert carefully.

After that time period, there is little or no nicotine that is being delivered. It is therefore important to change the patch regularly at the same hour once a day. Quitters who begin using Step 1 would do so daily for four to six weeks. After this period the user continues with Step 2, for an additional 2 weeks and then switches to Step 3 for an additional 2 weeks. [23]

If you smoke around 10 cigarettes per day, start with Step 2, which contains 14 milligram per patch for a patch worn for 24 hours, or 10 milligrams for a patch worn for 16 hours per day. Continue with Step 2 for eight weeks. This is then followed by Step 3, which contains 7 milligrams for a patch worn for 24 hours, or 5 milligrams for a patch worn for only 16 hours per day. Continue with Step 3 for up to 4 weeks.[24]

Since it can take up to four hours before the maximum nicotine level is achieved with the patch, this leaves the quitter vulnerable to

discomfort from either withdrawal symptoms or craving during the first few hours in the morning, when these are often severe. Also, sleep disruption may occur because for those patches worn during the night, nicotine is delivered during sleep. Should this be an inconvenience, remove patch one hour before going to sleep.

Skin irritation is fairly common. These are usually mild, but if swelling occurs discontinue use.

These are some of the products that contain nicotine that have been approved by various health agencies around the world as well as the general medical communities.

The following individuals should not be using the nicotine gum, nicotine lozenge, the nicotine inhaler, the nicotine spray or the nicotine patch:

"Those with recent myocardial infraction (less than 2 weeks) or unstable or severe angina should use NRT only with caution and probably should first try to quit without NRT (Fiore et al., 2000). Nicotine replacement therapy may be contraindicated in critically ill patients in intensive care. Pregnant or lactating women should be encouraged to try to quit without medication. However, NRT may be appropriate in consultation with a physician if they increased benefits of quitting while using NRT outweigh the risks of continuing to smoke." [25]

If you experience headaches, nausea, increased sweating, weakness, stomach upset, and diarrhea, use the gum or lozenge or inhaler or nasal spray less often. Or, if you experience these symptoms with the patch, you may want to switch to a lower level patch. [26] These

might be signs that you are taking too much nicotine, so cut back on the amount that you use.

Other medication that may help you quit

There are two other medications to help smokers quit that have been approved by the Food and Drug Administration, Health Canada, as well as other health agencies throughout the world. [27]

Both these products require a doctor's monitoring and prescription.

These are *Bupropion* and *Varenicline*. If you are interested in knowing more about either one of these medications, consult your doctor. Be aware, though, that they are non-nicotine products with different side effects than those discussed with regard to NRT.

CHAPTER 6: What To Expect When You Quit

Smokers require a certain amount of nicotine, the addictive compound found in tobacco, in order to avoid withdrawal symptoms.[1] Even with NRT, the user would generally experience some withdrawal symptoms, although less severe. Therefore, it is key to know what are the usual withdrawal symptoms and to acquire skills to help you deal with such symptoms. Not all quitters will experience all of these symptoms, but some will most likely occur.

"Tobacco withdrawal symptoms are the physical and mental changes that occur following interruption, reduction or termination of tobacco use. They are temporary and are the product of physical or psychological adaptation to long-term tobacco use (in other words the smoker's mind and body gets used to having nicotine in their system), requiring a period of readjustment when tobacco is no longer used." [2]

The following table summarizes common withdrawal symptoms and some suggestions on how you can deal effectively with any one of these:

Table 1: Common tobacco withdrawal symptoms [3]

Symptom	Duration	Percentage of quitters who may experience	What to do instead of smoking
Irritability/aggression	less than 4 weeks	50%	NRT; deep breathing for at least 10 breaths; repeating your reasons for wanting to quit; hot bath; go for a walk; soothing music, hobby
Depression	less than 4 weeks	60%	NRT; exercise; reward yourself regularly; remind yourself regularly that it will get better; humour; think of benefits of quitting and other positive thoughts
Restlessness	less than 4 weeks	60%	NRT; exercise such as yoga; deep breathing; go for a walk in a naturalist environment; listen to comforting music, hot bath
Poor concentration	less than 2 weeks	60%	NRT; don't undertake additional work; write what you have to do instead of relying on memory; take more

			breaks
Increased appetite	more than 10 weeks	70%	Eat low calorie food such as vegetables or fruits; drink plenty of water; NRT; exercise; reward yourself without food
Light headedness	less than 48 hours	10%	NRT; limit work load; write things down as reminders
Night time awakening	less than 1 week	25%	Stop drinking products with caffeine past 6pm; exercise during day; reduce NRT before bedtime; deep breathing with calming visualization
Constipatio n	greater than 4 weeks	17%	Eat more fruits and vegetables; drink more water; eat more whole grain foods
Mouth ulcers	greater than 4 weeks	40%	Discontinue *oral* NRT; keep in mind that it will disappear
Urges to smoke (cravings)	more than 2 weeks	70%	Cravings last for 5-10 minutes and then diminish. Read below on how to extensively deal with craving to smoke

Craving, which can last for greater than two weeks and affects up to 70% of those who quit, is an urge to smoke that smokers develop once they begin smoking regularly. Cravings are caused by numerous events. One such occurrence is that when a smoker quits, very quickly there is a drop in the level of nicotine in the body. When a smoker experiences cravings, the craving commands the smoker to do 2 things: first if the smoker does not have cigarettes, it commands the smoker to get a cigarette -in any way - and second, it commands the smoker to then smoke one, even if the smoker has decided to quit.

An important way quitters can deal with their cravings is to say to themselves that they should not deal with their cravings by smoking cigarettes or any other tobacco products.

A quick tool to deal with cravings is to say to yourself "*I cannot have one, because 1 cigarette will lead to 2 will lead to many".*

It is vital to acquire this strategy to deal with cravings for cigarettes once you do quit smoking.

Recall that craving or the urge to have a cigarette can last 5 to 10 minutes and than eventually subsides.

As a smoker, you deal with your cravings by smoking. As a quitter you have to deal with your cravings otherwise than smoking cigarettes. Craving for cigarettes will probably occur many times after you quit. One way to change your approach in dealing with your cravings is to say to yourself, *"I cannot have one cigarette, because if I allow myself to have one cigarette once I decide to quit, it means that I would allow myself to have another cigarette when the craving re-emerge later on, and another, and so on."*

In other words, once you quit you have to learn to talk to yourself from going back to cigarettes by saying to yourself that "I cannot have 1 cigarette because one cigarette will lead to 2 which will lead to many. I don't want to smoke all those cigarettes because of the reasons I thought about earlier."

Why is it the case that once you quit it is advisable not to have even one cigarette?

From a logical point of view, once you quit, if you allow yourself to deal with your craving by using a cigarette at a given moment, then it's perfectly consistent that at another craving you will, once again, use another cigarette as a way to deal with the latter. After all, that is how you, as a smoker, dealt with your craving all along. As an ex-smoker you have to learn to deal with your craving otherwise than through the use of tobacco.

By using the principle that "1 cigarette will lead to 2 will lead to many, but I don't want to restart smoking for my reasons I worked so hard to develop" will ensure that you will continue to remain smoke-free. Instead of dealing with cravings for cigarettes by using cigarettes, I encourage you to use your nicotine replacement product that you may have acquired, if you are using any one of them. People who quit smoking often forget to use their medication as often as is recommended. This could result in a significant drop in their nicotine, so much so, that even once they do start to use these medications, they might not get as much relief as they may need to adequately deal with their craving.

Therefore, it is important to monitor the use of your nicotine replacement medications and try to use them as recommended instead of smoking.

Many people stop using these medications after only a few weeks of use, and subsequently, go back to smoking. For such individuals, I recommend that you use these medications for 3 months, since withdrawal symptoms and craving for cigarettes can recur over that period of time or even longer.

For those of you who are not using any medication, remember that the craving for a cigarette only lasts for 5 to 10 minutes. It does eventually go away. The first few days are the most difficult; afterwards they begin to subside. You might want to close your eyes and do deep breathing, saying to yourself, that it will soon go away, and eventually it does.

Remember to reward yourself after you are able to overcome your craving with anything you really like - except tobacco.

CHAPTER 7: Quit Day Strategies

It is highly advisable to designate a quit day in advance. People who do not choose a specific quit day have a tendency to keep on postponing their choice of stopping. [1] This postponement can go on indefinitely. In deciding your quit date, make sure that you enunciate your reasons for wanting to quit, such as wanting a long, healthy and prosperous life. Or, you may have other personal reasons for wanting to quit. You may want to focus on your benefits for quitting. Recall that quitting can be viewed analogously to climbing a steep mountain. At the end of that trek, there has to be a pot of valuables, so that you can remain motivated to acquire to those benefits.

Also, make sure that you bought your medications beforehand. If you plan to use them, have them ready by the bedside for the day that you have chosen as your quit day. It is recommended that you choose a day that is not filled with other major commitments, so that you can focus primarily on stopping smoking. Therefore, you might want to choose an unstressful day prior to you having your last cigarette.

Once you've decided the day to have your last cigarette, you might want to write a goodbye letter to cigarettes stating your reasons for wanting to terminate that relationship. I say this, because for some smokers, cigarettes are perceived as "their best friend". Such individuals might want to write their reasons for cessation of that relationship. As an example, the letter can refer to the abusive and costly nature of that relationship and its ending. Some people find this

exercise particularly emotional, but also empowering to fully appreciate the meaning cigarettes had for them, and how that meaning had to have been altered due to additional and compelling considerations.

Once you have had your last cigarette, make sure that you get rid off all cigarettes and cigarette butts that you may still have in your possession. Make sure that you do not throw those in the garbage bin, since people have a tendency the following morning to pick up cigarettes that may be still lying around. The best thing to do would be to flush all remaining tobacco down the toilet before you go to bed. When you wake up the following day, you will not be tempted to smoke the cigarettes that may still be lying around or wet in the garbage bin.

If you are using the patch, have it by the bedside with a pair of scissors to open the enclosing pouch. Even before getting out of bed, put on the patch, as it can take several hours before it achieves its maximum effectiveness.

If you're using either the gum, lozenge, inhaler or nasal spray, you might want to drink something before using any of these, as you are probably dehydrated upon waking up, and with the exception of the nasal spray, you will be required to use these medications for an extended period of time.

Also, it might be beneficial to change your daily routine somewhat on your quit date. Smokers often associate their smoking with regular daily events, situations or routines. For example, smokers might have one or two cigarettes with their morning tea or coffee. Or,

smokers may connect smoking with driving to work. As well, smokers may link their smoking with relaxing and socializing with other smokers.

Those events, which are connected with smoking, might trigger or cause smokers to want to smoke once they quit. One way to avoid wanting to smoke on your quit date is to change your routine, or to simply avoid those events, people or situations that have been associated with your past smoking pattern. This is recommended, if possible, just for the first day or so, as it is practically certain that you could not avoid all such events, people or situations indefinitely. But it might be possible to do so on the first day that you quit, or until such time that you feel confident that you can handle those potential triggers.

Once you develop confidence in your capacity not to smoke over a period of time, even if it is just for a few days, you will gradually learn to handle those events and situations which, in the past, have been linked with your smoking, but which you can now manage without cigarettes. It will take practice though.

I cannot re-iterate often enough that when cravings for a cigarette occur, it is important not to go back to smoking. Going back to smoking is a way smokers deal with their cravings. As a person who is quitting, keep in mind that cravings to smoke only last 5 to 10 minutes. During that period of time you might want to use any one of the medications that you are already using as a first response. This will increase the nicotine level and mitigate the craving for a cigarette. As well, you might want to do some deep breathing for 5 to 10 minutes.

Deep breathing is done by expanding your stomach out as far as you can. Try this exercise first:

1. Sit or lie down in a quiet place;
2. Undo any tight clothes and remove your eyeglasses;
3. Put a hand on your stomach;
4. Slowly breath through your nose;
5. As you breathe feel your stomach swell as far outwards as possible;
6. When you have reached maximum expansion, hold your breath for a split second, before exhaling;
7. Slowly breathe out through your mouth; it is the slow exhalation that will cause you to feel relaxed;
8. Wait comfortably for awhile;
9. Repeat this for at least 10 times.[2]

Also, do this exercise in comfortable surroundings and at your own natural pace. Relaxation occurs when you exhale slowly.

Another way to overcome craving for a cigarette is to talk to yourself. You might want to say to yourself “I cannot have a cigarette, because if I do, I will allow myself to have another later on." Say to yourself that "one cigarette leads to two cigarettes that will lead to many more and I don't want to smoke all those cigarettes for the reasons that I have thought before. Therefore, I should deal with my craving without cigarettes.”

1. Instead, you could reward yourself in many different ways.
2. Go for a walk;
3. Reward yourself with something special that you really like;
4. Talk to someone who is supportive of you quitting. They can help you by supporting you, encouraging you to go on and by giving you advice while discouraging you from getting cigarettes;
5. Eat something;
6. Exercise;
7. Watch a movie;
8. Listen to soothing music;
9. Say to yourself “the craving will last only 5 to 10 minutes, it will dissipate";
10. Take a bath;
11. Brush you teeth.

If someone offers you a cigarette, be prepared with an answer, such as, “I am quitting, because I want to live a healthier and longer life. I appreciate your offer, but please do not offer me another cigarette, because it only tempts me to restart, and I really want to quit.” If you have difficulties saying this, practise your response in front of a mirror beforehand, until you feel comfortable saying this and no longer feel so uneasy. But be prepared with an answer beforehand

You might also want to encourage that person to want to quit, as it is also in her or his best interest to do so.

Also, try to avoid being exposed to secondhand smoke, as it is harmful.

If, however, you happen to have a cigarette after you quit, try to understand what went wrong. It may be the case that you were not ready to deal with this situation as an ex-smoker.

If you have cigarettes with you, get rid of them as soon as possible. Afterwards, try to think how you can deal with that situation without cigarettes. Read the suggestions above and use some of the strategies to overcome similar slip-ups. Maybe you are not using your oral medications as often as you ought to use them, so increase usage within the limits mentioned in Chapter 5. Maybe deep breathing will help you, or, maybe just getting away from the situation that temps you to want to smoke.

The secret to quitting smoking is to never give up. The more you work on it, the more you will achieve your goal, so remind yourself of the benefits of stopping smoking.

Returning to the metaphor of quitting smoking being analogous to climbing a tall mountain, few people are able to climb such a difficult mountain the first time they try. If you fall back, try climbing again and again until you reach the summit. But when you do arrive, you will take great pride in having achieved something as difficult as what you have accomplished. So enjoy the benefits of your achievement.

CHAPTER 8: How To Remain Smoke-Free

Once you quit, it is important to continue being smoke free. Many smokers return to smoking, usually within the first 6 months. It is therefore important to put in place some strategies to ensure that you continue on your journey to remain smoke free. After all, you determined that you want to be a non-smoker. You have invested a great deal of time and effort in achieving that goal, so you want to continue benefiting from your hard work.

It is essential to remind yourself daily - certainly in the first year - the reasons why you want to remain smoke free. When it comes to quitting smoking, take it one day at a time. Don't try to think too much into the future. It could overwhelm you. When you wake up, say to yourself: "Today, I am not smoking" and enunciate the reasons why you've decided to continue to be that way.

You might want to add that each day that you are not smoking is your birthday and, as such, treat yourself well, as though it were so; in other words, reward yourself. After all, isn't quitting smoking the re-birth of a new you?

Given the high rate of relapse, it is important to eventually prepare for events, which may cause you to go back to smoking. Pay particular attention to difficult situations that still cause you to want to smoke. These could be strong emotions such as depression, anxiety or anger. Or, they could be social situations where smoking is permitted, such as on vacation or the holiday season. Stress appears as an

important trigger that makes people want to re-start smoking. Whatever the case may be, it is important to develop a philosophy that will dispute your wanting to go back to smoking.

If, for example, the triggers that cause you to want to relapse are strong emotions, such as depression, anxiety or anger, keep in mind that there are helpful ways to deal with such emotions. You might want to seek help from qualified professionals who can assist you in managing such emotions better than you may be able to currently do so. Cigarettes will not help you resolve the underlying issues that give rise to such emotions. In fact, by starting smoking you may have rendered the situation even worse, since you not only experience negative emotions due to underlying thoughts or issues, but also have now re-started smoking again.

When you are developing a philosophy to assist you not to go back, you might want to state that smoking is a problem, which you are currently solving, and that if another problem may subsequently arise in your life, smoking will never be a solution to that problem, but rather the addition of yet another problem. Therefore, you are rendering the situation even worse by restarting smoking.

Another way of developing a philosophy that will assist you to remain smoke free is to think of all the benefits that you gain from having licked this habit, and their loss if you start smoking again.

There are many reasons why you do not want to restart. You may greatly benefit if you write a short essay stating your reasons why you want to remain smoke free *and not go back to smoking*.

It may go along the following line:

“I decided to stop smoking because I know that if I continue I shall put my family and myself at great risk for many diseases that are caused by smoking. On the other hand, now that I quit I am avoiding those risks. Also, I feel better, because I breathe better. I also smell better and have extra cash in my pocket, which I do not want to lose if I start smoking again. I am freer and in greater control of my life. I am more responsible for my family and myself and acting more reasonably and consistently with my goals and life's aspirations. I don't have to always worry when and where I will have my next cigarette. I feel greater strength and pride at having accomplished such a difficult feat.”

Once you have thought out and written down your own reasons for not wanting to go back to smoking, re-read and repeat your reasons daily, certainly for the next 6 months, *until you convince yourself that no matter what happens to you, you absolutely want to remain smoke free and your reasons why*. This will ensure that you have developed an attitude not only of having quit smoking but of retaining a smoke free life-style.

A quick way of avoiding going back to smoking is to repeat to yourself regularly that *1 cigarette will lead to 2 will lead to many*, and the reasons why you do not want to go back to smoke all those harmful cigarettes.

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Chapter 6

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