

STOP SMOKING NOW

The Survival Guide

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Introduction

Studies show that not many people really understand the specific health risks of tobacco use. Among smokers who are aware of the dangers of smoking most want to quit but are deep into addiction. Most smokers believe that they choose to smoke, every time they light up a cigarette they think that they are doing it out of personal choice, which is not true. Likewise, a high number of smokers are mystified as to why they continue with a habit that causes them harm, a feeling that leaves them hopeless. In order to overcome this feeling they make up excuses in an attempt to explain why they are putting their health and well-being at risk.

The truth is that many people who smoke do not enjoy smoking but they do it because they are addicted. Many say that if they had a choice they wouldn't be smoking in the first place as they feel guilty and disgusted that they even smoke. So why do they carry on smoking? Is it because they are deep in the chains of addiction, is it because the habit is no longer controllable, or is it the brainwashing that is sabotaging their ability to stop smoking?

Realistically when you are addicted to the nicotine in cigarettes, your power to choose is completely removed from you. And so the battle continues in the smoker's mind, desperately trying to regain control amid searching for

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excuses to continue smoking and convincing themselves that they will quit whenever they want to, meanwhile getting even more addicted. In reality smokers who put their hands up and accept that they have a problem and need help, will make the decision to quit easier and quicker than those in denial.

If you want to change your habits you have to recognize and understand the reason why you smoke, focus on the benefits that you gain by stopping smoking and avoid dwelling on the negatives of giving up. There are going to be bad days but to be successful in your attempts you have to learn how to respond to these challenges by learning from them.

Whether you are an addicted smoker or a habitual smoker you can stop smoking. I guess you have picked this book because you want to kick the habit, it may be your first, second, third attempt or more, it doesn't matter. What matters is that you have put yourself back in charge again, there is no one size fits all when it comes to stopping smoking, you have to keep trying until you find a method that works for you. What I'm sure of is that each time you try, you give yourself the best chance of giving up smoking for good. Any smoker can give up smoking easily and permanently as long as they accept that they have a problem.

Many people have given up smoking which is evidence that you can too if you are willing to put in the hard work. Also remember that you have to take responsibility for your

thoughts, feelings and behaviours towards smoking, accept that you made the choice to smoke, (you didn't have to but you did), no one can make you smoke without your permission and don't make excuses and blame others and circumstances for your smoking because when you blame other people you will be shifting the responsibility on to others hence blocking your chances of successfully quitting. Accepting that you're the creator of your smoking habit will power your motivation to turn your life around and become a non-smoker.

The purpose of this book is to simply guide you to use the powers that you already possess within you to quit smoking and become a non-smoker for good. People can and do recover from smoking addiction either by self-help therapy, psychological therapy, medical help or through a mixture of these. This book is simple, short and to the point so that you find it easy to digest the information and the diverse techniques in it.

Chapter 1, 2 and 3 explore smoking facts, what's in a smoke and the main reasons why people smoke.

Chapters 4,5 and 6 explore addiction and its roots, how smoking damages health and the benefits of giving up smoking as well as the stop smoking plan.

Chapters 7,8 and 9 detail how smoking affects the mind and how therapies like hypnotherapy, Cognitive Behavioural Therapy, Nicotine Replacement therapy, and others can help in the smoking cessation process.

Chapters 10, 11 and 12 look further into stop smoking medications and how they can help with quit smoking. These chapters also explore lifestyle review such as eating a balanced diet, exercise and a change in routine. They also examine a range of various ways on how to stay on track and avoid a relapse.

Life choices-Decisions

It's part of human nature to consciously or subconsciously fall into behaviours and habits on a daily basis, some of which are positive and others negative, for example smoking, gambling, alcoholism and drug use the list goes on. This doesn't mean that we are weak or less human, in fact it emphasises that we are human after all capable of falling at life's many hurdles but also capable of rising from challenges wiser and stronger, hence making better choices. In life we make our choices and therefore in the process we create the people we become by those choices. We must therefore strive to make the right ones and if for any reason we don't we do our best to learn from the wrong ones and correct them. The power of choice is significant and it's important to reflect on the lessons learnt and also grow from the decisions we make. Unfortunately very often we are fearful of our judgement wishing that

someone would come along and make the decisions for us because the burden of making them feels so heavy, so we choose not to do anything and bury our heads in the sand even when we know that we desperately need to take the plunge, especially with a health-threatening habit like smoking. But for sure what I understand about smoking is that you will be amazed at how many benefits will come from quitting and perhaps your only regret will be that you didn't quit sooner. Once you make that decision to quit don't look back. Tell yourself that you are a non-smoker and behave like one. Show respect to your body and treat it well, as your body is worthy of respect and proper care for it to function at its full capacity.

To take this further;

- Prepare yourself for the decision you are going to make. In this case stop smoking. Equip yourself with all the information and facts about smoking
- Assess the benefits and outcomes i.e. what the decision to quit means to you and what changes you need to make to see your goals through.
- Follow through with this decision. Once you decide to stop smoking don't be fearful and doubtful. Have belief in yourself and don't look back. Take action NOW.

Remember that the power of choice is yours. If you change out of fear, doubt or to please others, your stop smoking

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journey will lack substance and your decision may result in regret.

Likewise if you don't make the decision nothing will happen. The only way we learn is by doing. The strongest principle of growth lies in human choice so use it wisely!