

**HOW TO STOP
SMOKING
FOREVER**

OR

**SIMPLY BE
TOBACCO
FREE**

**By
Vic Johnson**

TABLE OF CONTENTS

INTRODUCTION	3
GETTING STARTED	5
WHAT DO YOU NEED TO KNOW?	6
THE EDUCATION BEGINS-RISKS	7
SELF CONFIDENCE	9
QUIZ	10
HERE IS SOME OF THE GOOD STUFF	
KNOW THE ENEMY	13
THE EFFECTS OF NICOTINE	15
FALSE FRIENDS KNOWN AS NICOTINE CRAVINGS	16
HOW YOU CAN BEGIN TO QUIT	17
THE SECRET WEAPON IS YOU	18
WHAT IS NICOTINE REPLACEMENT THERAPY OR	
ANOTHER FALSE FRIEND	21
HOW TO QUIT IN SEVEN DAYS	23
CHOOSE THIS METHOD TO QUIT IT IS RIGHT FOR YOU	23
HOW TO HANDLE THE URGE	25
THESE ARE THE BENEFITS OF NOT SMOKING	27
YOU CAN START THE QUIT RIGHT NOW	28
SOME ADVICE FOR THE DAY THAT YOU QUIT SMOKING	30

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INTRODUCTION

I am a former smoker and a 26 year tobacco induced lung cancer survivor. This book is about the method that I would use in order to quit smoking today if I had a relapse of my nicotine addiction. Please notice that I used the word relapse because I firmly believe that once someone is a nicotine addict they are always a nicotine addict. But after a successful quit, they live without the cravings related to nicotine addiction. Do not let that statement alarm you or cause to throw this book and the valuable information that it contains away.

The information contained here is offered with the sincere heartfelt wish that I can help you break your nicotine addiction. I firmly believe that had I known the information that is going to be relayed to you in this book that I could have quit smoking years before I actually did a successful quit. I smoked for over 20 years before I finally quit smoking for the rest of my life.

I have lived through what you are about to do. I know the difficulty related to quitting smoking. I did it “cold turkey” and won the battle, back in 1980, without the secrets that I am going to give you. The knowledge that I will share with you should make your quit smoking effort just a little easier and much more bearable than mine.

When I reveal the “secret weapon” against nicotine addiction I hope you have the awe inspired “aha” moment that I did when I learned it over 20 years after I quit smoking.

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GETTING STARTED

If you are still smoking, you need to ask yourself, “Am I ready to quit the smoking habit”?

Can I do it successfully?

There are two factors that will determine your success:

1. You must have the desire to give up your habit.
2. You must have the confidence to know that you can do it.

Of course it's possible to get motivated to quit, yet you fail for a variety of reasons.

Quitting smoking can be an uncomfortable experience, and cigarettes have given you something to do for a long time. Consequently, it is only natural to think about the ups and downs of giving them up. Most who try to quit, fail to do so and have to try several times before they are successful. This time you should be able to succeed because you will know the reason that you have failed in the past.

You think that it is about time you quit smoking, right? Or you may have already quit several times? The purpose of this book is to assist you in quitting forever, without the urge to start up again. In just one week after reading and applying the information contained in this book, you should be enjoying a tobacco free life.

WHAT DO YOU NEED TO KNOW?

As with any project one has to know what they are dealing with and how to plan a winning strategy. In the case of quitting smoking one has to know:

1. **Why do you smoke?** You can come up with any number of reasons, maybe even a hundred, but there is only one valid and real reason. You are addicted to the nicotine in tobacco. You have an addiction. As harsh as it may sound it is the truth and you have to learn to deal with it. You can beat it but the process requires that you put in the time and effort to be successful. It is easier if you know how.

2. **Educate yourself!** What do you do to overcome your nicotine addiction? There are a number of steps to beating your nicotine addiction. The most important step is educating yourself on why you are addicted and how to beat that addiction. Without knowledge you are bound to fail because you will not know how to use the weapons that enable you to beat the addiction.

This book will give you knowledge necessary to break your nicotine addiction and enable you to simply be tobacco free forever. How you use that knowledge is up to you.

THE EDUCATION BEGINS

THE RISKS

IF you smoke:

You will be twelve times more likely to die from lung cancer.

You will be ten times more likely to die from some form of lung disease.

You will be ten times more likely to die from cancer of the larynx.

You will be six times more likely to die of heart disease.

You will be twice as likely to die of a stroke.

You will suffer life threatening diseases that are caused by tobacco use. Among them are bronchitis, bronchial infections, emphysema, pneumonia, sinus infections, debilitating heart disease and increased problems with diabetes and other illnesses.

Now let's just think for one short moment: wouldn't it be very important for you to increase your chances of living from two to twelve times longer, gain many extra years of happy, healthy existence, and save thousands of dollars in increased medical costs? It can be done. I am living proof that there is life after quitting smoking and that you can beat lung cancer. So far I have added 26 enjoyable happy years to my life by quitting smoking. There is life after quitting smoking and it is a good life!

Another overlooked benefit is the amount of money saved by not buying cigarettes in the first place.

Let me explain:

If you smoke one pack of cigarettes a day at \$5.00 per pack, you spend \$1,625.00 per year. If your habit has continued for a period of 20 years you will have spent an incredible \$32,500! If you smoke two packs for that same period of time, you will spend \$65,000!

Make no mistake if you smoke this is real money that you now spend on cigarettes. If you quit smoking it is extra money that you will have to spend on other things. Don't you think that you could use that money for better things to help enrich your life? What could you do with that extra money?

SELF CONFIDENCE

Let's talk for a moment about your self confidence. How can you help yourself to be successful?

Any day you wish, you can discipline yourself to change it all. Any day you wish, you can open the book that will open your mind to new knowledge. Any day you wish, you can start a new activity. Any day you wish, you can start the process of life change. You can do it immediately, or next week, or next month, or next year it is your choice to make a change or remain the same. You and your mind hold the power to change.

You need to be able to answer the following question:

What can you do to reduce the desire to smoke every time it hits you and what will you do until the urge passes?

With the information contained in this book, I will give you the ammunition you need in this war against tobacco. You will be able to resist the urge to smoke every time it hits you and you will be able to resist it until the urge passes.

Next, you will need to deal with the reasons that you smoke now. What kind of satisfaction does smoking give you - physical, (physiological cravings) or mental, emotional (psychological cravings)? Most people experience both kinds.

Now it is time to take a brief quiz in order to realize why and when you smoke so that you will be able to deal with those cravings when they appear. More information about the difference between the two types of cravings, physiological and psychological, will be discussed later.

QUIZ - MY MOST IMPORTANT REASONS FOR SMOKING

Circle the appropriate number:

1=Never

2=Sometimes

3=Frequently

4=Always

- | | | |
|----|------------------------------------------------------------------------------------------------------|---------|
| 1. | a.) I smoke when I need a pickup. | 1 2 3 4 |
| | b.) I smoke to keep from slowing down. | 1 2 3 4 |
| 2. | a.) I smoke for the pleasure of it. | 1 2 3 4 |
| | b.) I like to light up when I am comfortable
and relaxed. | 1 2 3 4 |
| 3. | a.) I smoke when I'm angry. | 1 2 3 4 |
| | b.) I smoke when I'm anxious. | 1 2 3 4 |
| | c.) I smoke when I'm tense. | 1 2 3 4 |
| | d.) I smoke when I'm depressed. | 1 2 3 4 |
| 4. | a.) I get anxious when I think I might run out
of cigarettes. | 1 2 3 4 |
| | b.) I get anxious if I must go someplace where I
will not be able to smoke when I really want to. | 1 2 3 4 |

5. a.) I smoke a cigarette within thirty minutes of getting up in the morning. 1 2 3 4
- b.) I smoke when I'm not feeling well. 1 2 3 4
- c.) I smoke a pack or more a day. 1 2 3 4
6. a.) Sometimes I smoke just to keep my hands busy. 1 2 3 4
- b.) I smoke when I get bored. 1 2 3 4

EVALUATION

A high ranking in one or both the questions in group one (1) indicates that you use cigarettes for a temporary stimulation or extra energy. You might smoke to help to stay awake or for a boost of energy to complete a task. You may use them when your body says it needs rest, but you have work to accomplish.

A high rating in group two (2) indicates that you use smoking to help you to relax, whether it is physical, mental, or both. You may use cigarettes during breaks at work, after you have completed a difficult job, or when you have that cup of coffee or alcoholic beverage.

High scores in group three (3) indicate that you use smoking to deal with negative effects in your life. Smoking gives you a temporary lift when you become angry, depressed, tense or anxious.

The questions in group four (4) reflect your psychological dependencies. You are concerned that you will run out of cigarettes before it happens and way before you have any nicotine deprivation.

Group five (5) suggests that you have a chemical dependency. If each of your answers was high in this group, it means that without an occasional smoke, you begin to experience withdrawal symptoms and occasionally feel a little uncomfortable.

Group six (6) tells us that you use smoking to have something to do with your hands when you are nervous or uncomfortable, maybe in social situations, or something to do when you are bored.

The different categories of questions in the quiz give a variety of reasons why people smoke. You and they already know why. You and they are addicted to nicotine. The results of the quiz give you a good idea of when you may be in danger of having a nicotine craving and if that particular activity or event should be avoided. Make a list of your own about the reasons that you want to quit smoking. Write it or them down and keep the list with you. It will help you in your effort to quit smoking.

Some one once said that “if you fail to plan you plan to fail”. Makes sense to me to have that list of reasons in order to reach your goal (plan) of quitting smoking. You will be glad you did when you are simply tobacco free.

HERE IS SOME OF THE GOOD STUFF!

KNOW THE ENEMY

What makes the smoking habit so addictive?

Even if you only smoke a few cigarettes a day, why do you feel so bad when you try to quit?

Nicotine is an extremely powerful drug! It is more addictive than heroin or cocaine. If you read the papers you know cigarette manufacturers manipulate the amount of nicotine in their cigarettes to provide a consistent flavor and also to insure that you get the same dose with each cigarette you light up. You should also need to know that the delivery of nicotine into your system is only a temporary fix or stimulation that requires more and more nicotine to be supplied.

Nicotine creates a biochemical reaction in your body that has an immediate effect on your mood, your ability to reason, and your metabolism. The more that you smoke, the higher level of chemical dependency will be reached. Light smokers can also become just as dependent on cigarettes because of nicotine's psychological impact. In this way it can affect moods and feelings in certain situations.

Nicotine is a **poison** that the tobacco plant naturally produces, as a self preservation method, to kill insects that eat the plant. Nicotine itself is not the enemy it has no more ability to enter the human system than does any other inanimate object. The only way it gets into anyone's system is through the use of tobacco products. We invite it into our system by smoking cigarettes, dipping or chewing tobacco. We are sometimes our own worst enemy. But guess what? We

have full control of what we think we can or cannot do. I believe it was Henry Ford who said, "Whether we think we can or can't, we are right".

THE EFFECTS OF NICOTINE

It is only a matter of seconds after that first puff that nicotine starts to have an effect on your central nervous system, and the rest of your body. Certain areas of the brain, when stimulated by nicotine, temporarily, help you think more clearly. Other areas of the brain lie in a pleasure center which when stimulated by nicotine, can make you, temporarily, more relaxed and less anxious.

Nicotine withdrawal symptoms include irritability, craving, depression, anxiety, cognitive and attention deficits sleep disturbances, and increased appetite. These symptoms may begin within a few hours after the last cigarette, quickly driving people back to tobacco use.

Nicotine also affects the body by creating a chemical, the physiological, dependency to nicotine and the accompanying, psychological, dependency. Heavy smokers have become dependent on heightened levels of dopamine, stimulated by nicotine, which has an addictive quality. They need a cigarette at certain intervals of time. After the stimulation of the dopamine starts to fall, they need another cigarette to bring them back into the comfort zone. If they do not get that cigarette, the cravings begin. With the use of each new cigarette nicotine builds a stronger addiction.

All of the above symptoms exist because nicotine is introduced into the system. If this is true then isn't it just as true that if nicotine is not introduced at all then those effects will not exist?

Is the answer to quitting smoking to simply be tobacco free? No nicotine now or ever!

FALSE FRIENDS KNOWN

AS

NICOTINE CRAVINGS

As explained above nicotine causes two distinct and different types of cravings:

1. Physiological cravings are caused by the actual nicotine in one's own system.

These cravings can usually be stopped when the nicotine is depleted from one's system which takes approximately a 72 hour abstinence time period. That is when the headaches and heavy withdrawal symptoms occur.

2. Psychological cravings are caused by the activities or events related to the memory of the temporary stimulation caused by the use of nicotine. These are the "want to use" cravings can and do occur, sometimes, long after nicotine is depleted from one's system. These are the cravings that usually undermine a successful quit smoking program. But they can be dealt with and overcome if one knows and makes use of the "secret weapon".

HOW YOU CAN BEGIN TO QUIT

You begin to quit by learning the facts about why you continue to smoke and what you can do to break the nicotine addiction. As mentioned above nicotine immediately starts to have an effect on your central nervous system with each puff that you take from a cigarette. This is an important fact that needs to be repeated. Nicotine even in what some may consider small dosages, a few cigarettes a day, or smoking “light” cigarettes builds up to a strong nicotine addiction. People that smoke what are termed light cigarettes, menthol and other “light” brands tend to smoke much more because they can not get enough nicotine to satisfy their addiction. The use of “light” cigarettes causes many more harmful ingredients to be introduced into their system.

Again, “Why do you smoke?” You smoke because you are addicted to nicotine! There it is. The truth is out in the open. If you smoke you do so because you are addicted to nicotine. The truth and some knowledge will set you free.

Your education How to Stop Smoking forever and simply be tobacco free is now being implemented by you. You are trying to improve your life and hopefully your lifestyle by learning how to quit smoking. You are about to learn the simple secret that tobacco companies and pharmaceutical companies have hoped you would never learn or realize on your own. This secret was revealed to me over 20 years after I had quit smoking by using the “cold turkey” method. When I read it the proverbial “light bulb” went on and I realized that I had used the secret by accident, successfully quit smoking, but did not know how to explain it to someone else. I feel confident that I do so now

THE SECRET WEAPON IS

“YOU”

You have to realize that the power to stop smoking is within you if you recognize that nicotine is an addiction and the only way to break that addiction is to never, ever allow it in your system again. Your nicotine addiction was started by your very first experimental cigarette. While you did not choose the lifelong addiction, the mere act of trying it, was enough. Do you want to live the rest of your life with that nicotine addiction? You don't have to if you don't want to. And you don't have to be miserable while stopping smoking. The choice is entirely up to you.

It has already been stated that each and every time nicotine is introduced into the system the addiction is either reestablished or reinforced.

Think about it. Nicotine is a drug. Each time you smoke you introduce that drug into your system again. Wow, how simple is that? Each and every time you smoke you re-introduce the drug nicotine into your system. You may have, subconsciously, known that fact but it did it dawn on you that in order to quit smoking you have to quit smoking altogether forever. Never touch tobacco in any way shape or form again.

It is my strong belief that the dangers of tobacco use and the strong likelihood of nicotine addiction should be included in a “black box” (that is the paper message included in every drug prescription mandated by the Food and Drug Administration) warning attached to each and every pack of cigarettes, and pouch or tin of chewing tobacco.

People have no idea of the addictive power that nicotine has. It has been claimed that it is more powerful than heroin or cocaine and to know that it can be flushed out of one's system in a 72 hour time frame is monumental.

Remember, a 72 hour abstinence from smoking allows the nicotine drug to be depleted from your system. That is a little known fact that most people do not know or understand. The importance of that fact is that after the initial 72 hour period, unless nicotine is reintroduced into your system by having a cigarette, you are nicotine free. This is an important time frame in your decision to quit smoking because this is the time that you have to recognize and utilize all of your defenses. All of the physiological cravings are gone within 72 hours. The headaches, aches, pains and lousy feelings pertaining to the physical withdrawal are usually gone after that 72 hour period.

All that are left are the psychological cravings that you have to deal with. These are the cravings that are formed by habit, circumstances and events. These are the ones that only last for a maximum of 5 minutes at a time. Possibly eight or ten times a day. That is less than one hour out each 24 hour day. Who can't busy themselves for an hour?

But let us not run through this secret weapon section without you realizing the importance of you understanding what you are capable of doing with the knowledge that you have acquired.

1. Tobacco contains the highly addictive drug nicotine.
2. You use tobacco because you are a nicotine addict.

3. Nicotine withdrawal symptoms include irritability, craving, depression, anxiety, cognitive and attention deficits sleep disturbances, and increased appetite. These symptoms may begin within a few hours after the last cigarette, quickly driving you back to tobacco use and introducing nicotine into your system again.

4. The only way to break that nicotine addiction is for you to not allow it into your system.

Knowing the above facts should make it very clear that tobacco and nicotine are not your friends but rather the cause of your problems.

Think about this. If you had a friend that constantly caused you to be irritable, stressed, anxious, depressed, tired, sleep deprived and hungry would you want to keep him or her around? I think not. And you probably would not be over polite in bidding him or her a quick “get lost” notice.

How do you quit smoking? The over simplified answer is to quit and never, ever introduce nicotine into your system by taking another puff from a cigarette.

Now you know why you smoke and how to break the addiction. Keep reading for more useful information on helping you to quit smoking and simply be tobacco free.

WHAT IS NICOTINE REPLACEMENT THERAPY?

OR

ANOTHER FALSE FRIEND!

There is no such thing as a gradual quit.

Let me give an example. Let us say you have a friend that you would like to play a harsh joke on. He smokes but decides that he wants to quit and he asks if you will help him. You tell him about this great plan you heard about and you offer to help him quit smoking by gradually helping him cut back. You tell him that he has to give up smoking for a couple of days. Then you tell him, sometime during the first three days of being tobacco free (the 72 hour nicotine depletion period), that he can have a couple of cigarettes. That ought to make him feel real good because of the temporary satisfaction of nicotine being delivered to the brain. You know that he has just renewed his nicotine addiction but you don't tell him because you are having fun with this little joke. Now you tell him what a good job he has done in his effort to quit smoking and that he should stay off of tobacco for a couple of more days and then he can have a couple of more cigarettes. Isn't this fun? Your friend has absolutely no idea that you are spoon feeding his nicotine addiction. He goes through another couple of days of painful withdrawal. Then after a couple of more days you give him another reward for his hard earned efforts, a couple of more cigarettes. Just keep reintroducing that nicotine into his system but make certain that you do it within the three day withdrawal period or he might just make a successful quit on his own.

Now doesn't this game sound just plain mean? Well it is. It is mean and cruel. But it is the method that thousands and thousands of people are told to use in order to quit smoking.

That is the cause and effect of nicotine replacement therapy that is encouraged by the medical experts and pharmaceutical companies. Is it any wonder that we have a major nicotine addiction problem? And this is the information that is being given to our children. When you reach the legal age you can try tobacco if you don't like it you can use a nicotine replacement product.

If nicotine replacement works with nicotine addicts then why don't they encourage an alcoholic to break his alcohol addiction by just having a few drinks a day? Does this not defy common sense?

This practice is not acceptable. But learning how nicotine works and the dangers related to tobacco use can be helpful in either a successful stop smoking or "don't start" program.

Education and knowledge is power.

HOW TO QUIT IN SEVEN DAYS

You are now ready to consider the following question:

How and when do you want to quit smoking?

There is only one way to effectively quit smoking, it is to immediately stop smoking. Cold turkey if that is the phrase that you want to use. Learn that the keys to a successful stop smoking program are you, the 72 hour time frame for nicotine to leave one's system, dealing with cravings as small habits that need to be broken by stopping all tobacco use now and forever. Seven days without nicotine in your system puts you on the road to a successful quit. Stay the course and maintain the belief that you are worth the effort. You now know that tobacco and nicotine are not your friends but just unwanted guests that you can live comfortably without. Are you ready to quit now? Know that you can do this on your own.

CHOOSE THIS METHOD TO QUIT IT'S RIGHT FOR YOU

Answer “yes” to the following statements and be on your way to being tobacco free.

1. Stopping smoking is one of the most important things in the world for me right now.
2. I can handle a tough problem without a smoke.
3. I have to quit smoking and my reasons are good enough for me to do it now.
4. If I quit this minute, I know I can accept the craving but resist the smoking, even if it is strong.

Your “yes” answer to all of the above statements makes you a good candidate to quit immediately. But before you do, read on to get the tools necessary to be successful. After reading the following, set a time to quit. If not right now, then tomorrow, but do it.

What about any doubts you may be feeling now?

Some smokers may get a sense of doubt when they read the statements above. But not you, you remember reading the SELF CONFIDENCE section above and you are confident in your ability to follow through without smoking by accepting any future craving as an indication that you are beating the nicotine addiction with natural feelings and actions. Relish that craving (without giving into it) knowing that it will never be as strong as the first craving that you had.

In order to have the confidence to quit:

- (1) You will find security in the knowledge that you can handle the urge to smoke, when it hits, and you will be confident that you can do it.
- (2) You will be comfortable with the reasons that you smoked in the first place knowing that your addiction was a result of your experiment not your choice to experiment.

You will accomplish these tasks so that when the day comes that you have planned to quit (hopefully today) you can quit with the knowledge that you can do it in a pleasant manner without the use of nicotine

HOW TO HANDLE THE URGE

Below is your artillery. There are several weapons that you can use in your fight to quit.

EACH OF THESE WEAPONS WORK- THEY HAVE BEEN PROVEN

You may use one, all, or a combination of several to achieve your goal. The urge to smoke is immediate, and usually lasts for five minutes. If you will resist for that period of time, you will reduce the urge.

1. Take a deep breath, hold it for a few seconds, and exhale as if you had just taken your first puff on a cigarette. Part of the feeling you get from smoking is a direct result of taking a deep breath. A deep breath allows you to take in a maximum amount of oxygen, and exhaling lets out large quantities of carbon dioxide. This results in a feeling of relaxation. Try it, you'll see.
2. Take a sip of water several times during this five minute period. It can help to diminish the need to smoke, and gives you something to do with your hands. The extra water will also help to flush the nicotine out of your body.
3. Put something in your mouth that has no calories, such as a stirrer, toothpick, or another substitute for a cigarette. But not an electronic cigarette. They contain nicotine.
4. Get busy with something, anything, to keep you busy for the next five minutes.
5. If it does not lead to a craving, chew a piece of gum or a piece of hard candy. Life Savers work well.

6. Get up and move around for five minutes. It will help the urge to smoke to pass.
7. Be confident in your ability to win this battle over cravings.
8. You are the master of your body and mind and you will not allow a small tube of paper filled with nicotine and tobacco to enslave you.
9. You only have to be tobacco free one day at a time. That one day is today.
10. Tomorrow you can add to today's quit and simply be tobacco free.

THESE ARE THE BENEFITS OF NOT SMOKING

Become a high energy person without cigarettes.

Relax and enjoy the pleasure of relaxation without cigarettes.

Deal with your tensions without a cigarette.

Don't have to deal with psychological dependence.

Don't have to deal with the chemical dependency of nicotine.

Keep your hands free to do other things.

Enjoy a better and longer life without cigarettes.

Your body, clothes, car, house and breath smell better.

You no longer have to plan your life around your cigarette breaks.

Your food tastes better.

Your health begins to improve almost immediately.

You no longer have to go out and stand in the cold to have a cigarette.

Your spouse can kiss you without feeling like they are kissing an ashtray.

You no longer have to hide your nicotine addiction from your children.

You no longer have to get up in the middle of the night to have a smoke.

You no longer have to run out in the middle of the night to get a pack of cigarettes.

You no longer have to make certain that you have enough packs of cigarettes to get you through your day.

You have money to buy other things with since you quit smoking.

You get more accomplished because you have more time to devote to other things than smoking.

You can concentrate better without those nagging cravings.

You are a better, kinder, gentler and more patient person without tobacco.

YOU CAN START THE QUIT RIGHT NOW

The first thing to do is set a date when you are going to quit smoking. Today is always a good day to start. Read over this book again and start your quit today. If you wait until tomorrow it could be too late. You have to quit one day at a time.

If you find that quitting smoking is too difficult or you have failed in your quit, review any factor that got in the way of your success. Quit again and again and again until you are completely through with using tobacco products. The most common causes of difficulty or failure that a potential quitter faces are:

Chemical properties of addiction

When and if you do have that next cigarette, you will feel lousy because you know that you are hooked again. You will feel like a complete failure and you will be if you continue to smoke. You are worth the effort to quit smoking and you can do this.

Social pressures

Determination is defined in the dictionary as “decision, firmness”. Intent is defined in the dictionary as, “earnest, engrossed, firmly fixed”. Any use of these words used in relation to your effort to quit smoking should indicate that you have made the firm, fixed decision to make this your successful and final quit smoking effort.

You may find yourself in a situation (card game, party, coffee break) during which you would normally smoke. It will help to let others know of your intentions and determination to quit, and also your reasons for quitting. Enlisting the aid of a non smoker to confide in will also help.

Make sure that he or she is aware of your goals so that they do not say or do anything to instill a negative impact on your intention and determination to quit.

If you feel that you may not resist the social pressures of smoking, consider the option of giving up these social encounters for two or three weeks until the urge passes and you can be comfortable again.

Tension and negative emotion

A crisis occurs during your work or personal day, and one of the main reasons that you thought that you smoked was for tension reduction. But now you know that smoking only causes more tension. So you deal with your negative emotions by not having a cigarette and allow the natural calming effect of non tobacco use work for you. Politely, excuse yourself and get away from the area that the tension is associated with. Take a walk, or go to another room.

Kick any doubts you may have about quitting smoking to the curb now. You can and will do this!!

SOME ADVICE FOR THE DAY THAT YOU QUIT SMOKING

You are now completely confident that you can resist the urge to smoke after you have quit, it will be necessary to remove any and all visual reminders of smoking from your living and working areas. Throw away or give away those leftover cigarettes, get rid of lighters, ashtrays, matches, and anything else that could be associated with smoking. Why should you force yourself to resist the urge to smoke when it is far simpler to just remove any of the items that remind you of your nicotine addiction? If you keep a pack of cigarettes in your home or office, there is a good chance that you will pick one up. Just this one will be the cigarette that hooks you again.

COPING WITH THE SYMPTOMS OF WITHDRAWAL

Dizziness may occur during the first one or two days. Take a quick break, it will pass.

Headaches may appear at any time during the first weeks. Try to relax. Take any usual remedy for headache, a cold cloth on the back of your neck, or relieve the stress by taking a short walk.

Tiredness may occur during the first few weeks, but if you meditate or relax during the first few weeks, it will pass.

Coughing may actually increase during the first few days, simply because the residue from the smoke has not been flushed from your system.

Tightness in the chest may occur in the first few days. Rest and take deep breaths, it will go away.

Sleeping problems may occur in the first few days. Try to stay away from drinks that have high caffeine content, try not to exercise too strenuously in the hours prior to bedtime. A hot bath prior to retiring at night may also be helpful.

Constipation may occur in the first month after you quit. If this occurs, eat foods with high fiber content, drink plenty of fluids, and do some light exercise.

Concentration may tend to wander during the first few weeks. Be ready for this, take a break or do something physical for a short period of time.

You now have all the weapons necessary, at your command, to break your nicotine addiction. If you run into any difficulties read this book again and try to find where you went wrong. This is the method that I would use today if I had to break a nicotine addiction. I hope and pray that you find this method successful for you and that you simply be tobacco free and stop smoking forever.

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