



## **-Kicking the Habit: A Smoker's Guide-**

**Discover How You Can Say Goodbye to Smoking  
Permanently!**

## Table of Contents

-Kicking the Habit: A Smoker's Guide- .....	1
Discover How You Can Say Goodbye to Smoking Permanently! .....	1
Table of Contents .....	2
Understanding the Psychology of Smoking.....	3
Are You Addicted To Smoking? The Smokers Quiz .....	5
Why You Should Quit Smoking Today .....	<b>Error! Bookmark not defined.</b>
Smoking and its ill effects.....	<b>Error! Bookmark not defined.</b>
Smoking and Heart Disease- The Connection .....	<b>Error! Bookmark not defined.</b>
Quit Smoking Today! .....	<b>Error! Bookmark not defined.</b>
Admitting your addiction to smoking .....	<b>Error! Bookmark not defined.</b>
<i>All cigarettes are equally bad</i> .....	<b>Error! Bookmark not defined.</b>
Mentally Prepare Yourself to Quit Smoking .....	<b>Error! Bookmark not defined.</b>
Role of Will Power in Quitting Smoking .....	<b>Error! Bookmark not defined.</b>
The Correlation Between Exercising and Quitting .....	<b>Error! Bookmark not defined.</b>
How Jamming To Music Can Help You Stop Smoking....	<b>Error! Bookmark not defined.</b>
Meditate Your Way To Success .....	<b>Error! Bookmark not defined.</b>
How Acupuncture Can Help You to Quit Smoking .....	<b>Error! Bookmark not defined.</b>
Quitting Cold Turkey .....	<b>Error! Bookmark not defined.</b>
Why it's so hard to quit Cold Turkey .....	<b>Error! Bookmark not defined.</b>
How Laser Therapy Helps To Quit Smoking .....	<b>Error! Bookmark not defined.</b>
The Truth about Nicotine Patches.....	<b>Error! Bookmark not defined.</b>
Hypnosis Techniques .....	<b>Error! Bookmark not defined.</b>
What Happens After You Quit Smoking? .....	<b>Error! Bookmark not defined.</b>
The immediate rewards.....	<b>Error! Bookmark not defined.</b>
The immediate effects.....	<b>Error! Bookmark not defined.</b>
Long term benefits .....	<b>Error! Bookmark not defined.</b>
Fighting The Urge - How To Stay off for Good.....	<b>Error! Bookmark not defined.</b>
Expect the unexpected: Relapses .....	<b>Error! Bookmark not defined.</b>
Conclusion: .....	<b>Error! Bookmark not defined.</b>

## Understanding the Psychology of Smoking

A couple of years back, everyone thought it was cool to smoke in public. Some people even implied that smoking helped you get an edge on your peers by giving you an air of confidence when puffing away. With a cigarette you were the one everyone wanted to be like in your circle of friends. It was believed that the opposite sex was supposedly more attracted to you, if you were fashionably smoking away. Smoking is believed by some to make the man more virile.

Even though you might wonder why everything that is perceived as cool is linked with virility, let's focus on this whole cigarette business and how it has practically brought mankind to its knees. A globally conducted survey statistically reveals facts about smoking and its harmful effects on the body. The study compared the impact of the damage causing deaths to smokers like the destruction of those who died in the Hiroshima and Nagasaki bombings in Japan.

Right now, scientists label smoking as the largest preventable cause of premature diseases and early death. Every minute, one in fifteen adults is dying of lung cancer. This is attributed to the addictive nature of smoking, resulting in an annual four million deaths (this is an approximate figure). Tobacco usage pertains to not only smoking, but also chewing betel leaves and inhaling deadly snuff. But still in spite of these facts it is worth noticing that approximately 15 billion cigarettes are sold daily. That is a HUGE figure! Who smokes that much and WHY?

About one in three cigarettes consumed is in the Western Pacific Region of the world. The tobacco market is controlled by just a few corporations - namely American, British and Japanese multinational conglomerates. Among young teens (aged 13 - 15), about one in five smokes throughout the world. They indulge in this cruel habit known as "fagging" despite being aware of the fact that cigarette smoke contains more than four thousand carcinogenic substances. When a smoker smokes in the presence of non smokers, he is affecting them with toxic substances, perhaps more than himself. It has been proven scientifically that passive smoking has been found to be the worst and most unpredictable cause of massive illnesses on various populations.

Approximately 80,000 to 100,000 children start smoking every day. These figures include both adolescents and teenagers. There is a tendency for those who start to smoke at a young age to not be able to quit in their adulthoods. What pushes these teenagers to mindlessly follow a fad which later goes on to become one of their life's biggest problems? Perhaps it's the glamorous advertisements of cigarettes, where the smoker is shown to be the alpha male. Where the "real man" is capable of achieving the most impossible of feats against the most improbable of odds because he smokes. If it's not that it just may be their favorite

movie stars lighting up in style, just before an intense moment of action or a power play. What teen wouldn't want to imitate that image? Researchers concluded that all the afore mentioned factors definitely arouses a person's desire to smoke. However, if we really need to get to the bottom of this mystery, we must start at the very roots of the problem. We need to take time out to understand the psychology of smoking and why it's so hard to give up the addicting habit.

Whenever scientists start analyzing any problem, they first look for the symptoms of the disease. It is safe to say the smoking is a disease of addiction. If you have been addicted to cigarettes for an adequate part of your life, you would have noticed that the hardest part of quitting is to beat the cravings. A heavily dependent smoker wants just one more cigarette almost every other instant of his waking hours. Even in his sleep he has smoke-hazy dreams of enjoying exotic versions of cigarettes. Addicts report that after a point of time, the smoking habit takes over so badly and unconsciously that one starts smoking irrespective of where he is, or what he is doing. After a day of hard work, in order to relax a person might feel like smoking till he gets decidedly sleepy. It is nicotine, the active and the most harmful neurotransmitter present in tobacco that successfully numbs his senses.

Knopfler might have glorified the fact that rock stars have nicotine for breakfast, but Angus rightfully said that 'smoking turns one too old to rock and roll but too young to die!' How is it that nicotine successfully takes over the human mind and makes us lose control of our bodies and lives?

Acetylcholine is one of the most important neuro-transmitters present in the body. Acetylcholine nerve receptors at the synapses resemble those of nicotine. Nicotine rushes to the pain receptors and other sense receptors and blocks these sites cutting short the normal passage of nervous impulse. This causes the blockage of information essential for the central nervous system to function so as the result transmitters keep on trying to reach the necessary pathways. It just so happens that with every additional cigarette the effect gets more and more pronounced. Once you are done with your first puff, the sensation of numbness wears off fast and in order to prolong the fuzzy feeling, you unconsciously reach out for another cigarette. This is one of the primary symptoms of nicotine induced withdrawals, something which is the very germ of the whole smoking catastrophe. Remember that every cigarette smoked cuts out at least five minutes of your normal life span. Is that a happy thought? Think about it! 🚭

Every cigarette manufacturer provides the disclaimer on their pack of cigarettes that "Cigarette smoking is injurious to health." Now this might seem like a hoax, almost a challenge to your immune system, but the Physician General who writes the disclaimer does so because he has seen the far reaching consequences of nicotine, like lung cancer and premature death.

Have you heard of the Pavlovian study? The famous Russian biologist found that he can make a dog salivate during its eating time without actually serving him food. He did so by ringing a bell which set off an impulse of craving in its nervous system. Similarly in a smoker, it is found that if they are accustomed to smoking in presence of a cup of coffee or in the company of friends, their body is conditioned to wanting to smoke near such stimuli.

## **Are You Addicted To Smoking? The Smokers Quiz**

How on earth did you get addicted to smoking? You may have been wondering this for a while without having any clue about it. Through this chapter, we will try to help you determine whether you're actually addicted to smoking or not.

**Remember the first time you smoked?**

Most people tell a similar story about their first cigarette. It goes like this: You were hanging out with a few friends, one of them handed you a cigarette and asked you to see how it felt to take a drag. You tried to inhale it, coughed over it and there....that was your first smoke.

Why did you continue anyway? Like the others, did you find the habit of smoking to be a stress remover? Did you think you can depend on smoking to take your worries and the fatigue away? Does it soothe you, and make you happy?

One way or another, cigarettes have turned out to be the cool way out, especially among youngsters. Your body might hate it, but your mind is always propelling you to go on lest you start missing out on something.

Of course once you are all into it, smoking is like a crutch that you need so you can continue walking in your life. You spend loads of money on it; you limit your lifespan and yet you go on and on. You think it's the elusive supplement to life that keeps you going. Don't be mad about your excuses because these are the same reasons that thousands of other smokers use too.

You may have tried to quit, but it is really not as easy as you thought. You may be worried about the withdrawal symptoms that you might have to deal with, amongst other things. Somehow the whole proposition of quitting smoking seems a little too unrealistic for you.

Here, as we let you evaluate your addiction and the possible characteristics associated with it, let me tell you, it is not about simply answering a few questions. It is also about letting you judge for yourself what the problems are and how much your dependence on cigarettes is.

It is up to you now to decide whether you want to wriggle free of the habit or just succumb to your addiction and let it continue to control your life.

Take a look at these questions:

**1. Do you smoke daily? If so for how long have you been smoking daily?**

**2. Check the following list and answer honestly to yourself, which of these do you experience after you stop or cut down on the amount of smoking. These symptoms can set in immediately after you have taken a break from smoking.**

- Anxiety
- Decrease in heart rate
- Depression and mood swings
- Difficulty in concentrating
- Increased appetite or weight gain
- Insomnia
- Restlessness
- Unexplainable irritability, frustration or anger

**3. How badly do the symptoms mentioned above set in when you experience them? Do you have to postpone all work because of them?**

Check if the answer to all or most of the symptoms above is yes. In case it is a yes, it's time for you to get some help. Try not to procrastinate at this point because you are starting to see that your addiction is worse than you initially thought. Instead of being in denial; save that energy to gather up all the courage you need to take on this problem head-on.

**4. Can you remember a single day in the last year or so when you did not smoke at all?**

If you can remember a day in your life where you did not smoke then, try and remember how you managed to stay free of smoking that day. Try and re-enact the same things you did that day that kept you from smoking. If you can't remember not smoking, then don't worry, you're not the only one. It doesn't mean you should give up all together on quitting. It's just means you need to put more effort into your next attempt. It's not the end of the world, just add a little patience and strength of mind to the equation and before you know it you will be free of cigarettes for good.

**5. Do you smoke in spite of having a condition related to tobacco addiction like bronchitis or COPD (Chronic Obstructive Pulmonary Disease)?**

If you are experiencing any illnesses related to smoking, then remember that most smokers do have a sense of the medical problems that they face from their habit. A lung condition, a heart condition, a mouth condition, or general side effects does not stop the addicted smoker. Nothing deters them because they are addicted to the nicotine despite the negative health effects that they may be experiencing while they continue to smoke.

**6. Is the pleasure or satisfaction from smoking becoming less every day?**

Smokers tend to find that in order to get the same feeling that they used to get from their cigarettes when they began smoking, that they need more and more to compensate for that feeling.

**7. Do you smoke as much every day in spite of answering yes to the above question?**

Because of the recent media exposure a lot of smokers are getting a wakeup call. The threats of cancer and diseases are quite real yet the addict knows this but simply can't stop. If you continue to smoke, despite being aware of all its negative effects then it is obvious that you have a problem. Why else would you willingly subject your body to poison?

**8. Are you still a big fan of cigarettes despite knowing of all the negative health effects?**

If you said yes, then go over the facts about smoking in your head once again. It kills in the end. It slows down your reflexes and you are literally poisoning your body. It does not do you any good. It is merely in your head and has a control over you. You are not addicted by choice. Your mind and body both crave nicotine, but the addiction is not impossible to break. It's like you are under a spell. You want to quit but you feel compelled to have one more cigarette. It may sound redundant, but the more you internalize these statements, the faster you are to break free.

**9. Have you been anxious or nervous for the first two weeks of quitting smoking whenever you have tried?**

If yes, then it is clear that these are part of your withdrawal symptoms. Don't worry. This doesn't mean that you don't have it in you to quit smoking. It merely means that you have to inspire yourself a little more. You have to fight a little harder with your mind. You need a little more strength to continue and we will help you build up the inner strength to overcome the habit.

**10. Have you been depressed for the first two weeks after you have tried to quit smoking?**

If your answer is yes, then once again we repeat, it is not the biggest obstacle. Again you need to call on your inner strength. Work on your confidence in your decision to quit and make it through one hour at a time. Remember the mantra- "It is not difficult to quit." You just have to deal with it in your head.