

Quitting Smoking -- The Toughest Job You'll Ever Love

If you've ever tried to quit smoking, you know how tough it can be. But whether you've already tried or are thinking about it, this book can help make the difficult job of quitting easier.

The important thing to remember is that you can do it. Everyday, thousands of people like you succeed. So don't get discouraged. It took time to learn how to smoke, it's going to take time to learn how to stop.

And once you stop, you'll find your body responds with some immediate changes. Your heart rate and blood pressure begin to return to normal. Breathing becomes easier. Food actually starts to taste good again. And you lower your risk of getting heart attacks and other serious smoking related illnesses.

The information here is based on years of research and practical knowledge gained from people who have successfully quit. Remember, you can do it.

Successful quitters spend time preparing before they actually give up smoking. They know how to tackle the urge to smoke and say "no" to cigarettes offered to them. They break their habits, learn new ways to handle stress and get their friends and family to help. And part of preparing to quit is knowing why you smoke.

Why Do You Smoke?

There are many reasons why people smoke. Most often people say they smoke out of habit, because they enjoy it, or to cope with stress. However, addiction to nicotine is the major reason why people smoke.

Take a week and look closely at your smoking routines. Think about the time, place, what you are doing, who is with you, how you feel (stressed, worried), and how much you feel you need each cigarette. Write this down on a card and refer to it. By identifying when you're most likely to smoke, you can better prepare to handle the urge to smoke.

Why Do You Want To Quit?

Write down a list of the most important reasons why you want to quit. Keep them handy and refer to them when you feel the urge to light up.

Set A Date

The first step to quitting is to set a date. Mark a specific day on your calendar so you can prepare for it. Choose an easy one when you won't be under much pressure. Don't delay too long. Remember, there's no time like the present.

Choose A Method

Cold Turkey

For most people this is the most successful way. It means stopping suddenly and complete. One day you smoke, the next you don't.

Cutting Down

If you're really dependent on nicotine, try cutting down by 5-10 cigarettes a day. The ones you can't go without. Then set a date to give them all up. Be warned, this method takes time and it is easy to lose your determination.

Delay

Try putting off the first cigarette of the day by one or two hours. Start, for example, with no cigarettes until nine o'clock. Next day, make eleven o'clock the earliest you can smoke and so on. If you choose a gradual method, try not to take more than two weeks to be smoke free.

Nicotine Replacement

Nicotine replacement devices like the patch and gum slowly supply you with nicotine, gradually weaning you off it. Check with your doctor to find out if they are right for you. Remember, nicotine replacement works only when combined with counseling and other support like quit classes.

Change Your Smoking Routine

- Anything you can do to disrupt your smoking routine is good.
- Don't smoke at your regular smoking times.
- Don't smoke in your regular places.
- Buy a brand you don't like
- Change the way you hold the cigarette; use your other hand.
- Put rubber bands around your pack to make you think about what you're doing.

Change Your Situations

- Don't put yourself in a situation where you might smoke.
- Smoke only in places that are uncomfortable or inconvenient.
- Stand up if you normally smoke sitting down.
- Create smoke-free zones in your home or car.

Find Other Ways To Tackle Stress

When do you feel under pressure? At work? Home? With friends?

- Think of how to reduce this pressure.
- Plan your day, take time out to relax.
- Discuss problems with others.

Find Rewards In Places Other Than The Cigarette Pack

If you tend to reward yourself with a cigarette for completing a task, find a new way to reward yourself.

- Take a walk.
- Listen to music.
- Call a friend.
- Buy something you've always wanted.

Change Your Thinking

Before lighting up, ask yourself, "How much do I really need this cigarette?" If you can, try to put that cigarette away. Know that the urge to smoke will pass in a few minutes. This is where your motivation is put to the test. Be determined. Remind yourself of your reasons for quitting.

Clean Up

The day before your "Quit Day", go around the house, your workplace, car, purse, (and anywhere else that has anything to do with smoking) and throw out all cigarettes, lighters and ashtrays.

Get Support

If it feels comfortable, tell your friends and family about your plan before you quit and ask them for help. If you have family and friends who smoke, ask them to not smoke around you or to stop asking you to go out with them to smoke.

If you slip up and have a cigarette, ask for support from your friends. Chances are, they'll understand how difficult quitting can be and will be more than willing to help you.

What Happens When You Quit?

Two Hours After Quitting.

Nicotine begins to leave your system. Some people may feel withdrawal pangs. This is a good sign. Your body is cleaning itself out. Hang in there. Within two days all the nicotine by-products will be gone.

After Six Hours.

Heart rate and blood pressure decrease (although it may take up to a month for them to return to their normal rates).

After Twelve Hours.

The carbon monoxide is completely out of your system. Your lungs work more efficiently and you can do more without becoming short of breath.

After Two Days.

Your sense of taste and smell sharpen. In addition, your breath, hair, fingers and teeth will be cleaner.

After One Week.

Most withdrawal symptoms are completely gone.

After Two Weeks.

Your circulation improves. So does your confidence level because you feel good about your progress. You begin to think of yourself as a non-smoker.

One To Nine Months.

Your body's overall energy level increases. Coughing, sinus congestion, fatigue and shortness of breath decrease.

Within Two Months.

Blood flow to your hands and feet improves, keeping them warmer. Your skin looks healthier.

Within Three Months.

The cilia (a hair-like cleaning system in the lungs) begin to recover and remove the mucous, so you can cough it up, cleaning your lungs and reducing the chance of infection. You may notice increased coughing for a few days.

After A Year.

Your risk of lung cancer is reduced and you have less of a risk of heart disease. Fifteen years after quitting, the risk approaches that of someone who has never smoked.

Appearance.

Not only will you feel better, but you'll also look better. Since smoking stains your teeth, gives you stale breath and causes wrinkles around the eyes and mouth to appear earlier, the sooner you quit the better.

Your Bank Account Also Gets Healthier.

Giving up cigarettes is like giving yourself a raise. Think about it: if you smoke a pack (20 cigarettes) a day, you'll save around \$3,000 a year! Imagine what you could do with that money! Non-smokers also pay much less for life insurance premiums.

Your Confidence Soars.

Few things compare to the sense of satisfaction you get when you quit smoking. If you can handle quitting smoking, you can handle just about anything!

The Numbers Don't Lie

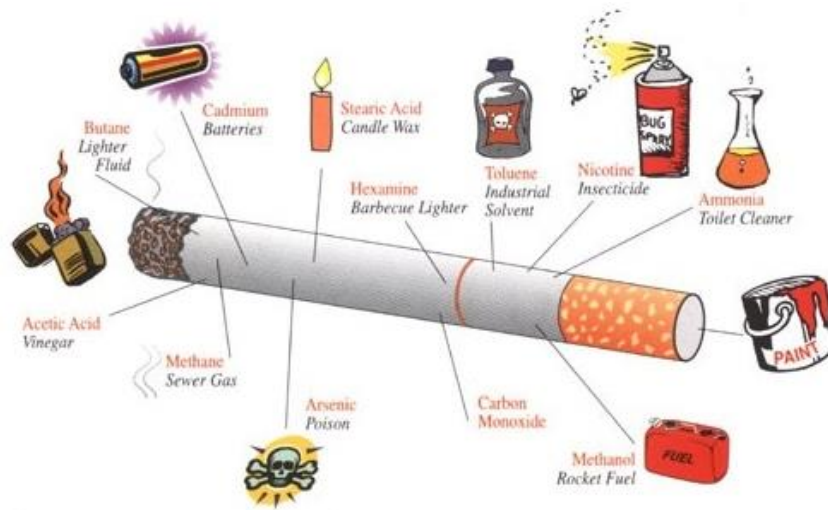
While everyone has their own reasons for quitting, one thing is certain: smoking is deadly. In fact, smoking kills over **480,000** Americans every year. That's more than alcohol, suicides, homicides, fires, illegal drugs, and AIDS combined. (This number includes deaths resulting from secondhand smoke exposure.) This is about one in five deaths annually, or 1,300 deaths every day. On average, smokers die 10 years earlier than nonsmokers.

How To Cram 4,000 Chemicals And 43 Carcinogens In One Little Cigarette

You've probably heard about nicotine and tar, but did you know that cigarette smoke also contains 4,000 chemicals including the following dangerous chemicals?

Name Your Poison:

- ☠ Ammonia (found in floor cleaner)
- ☠ Formaldehyde (preservation of body tissue)
- ☠ Arsenic (rat poison)
- ☠ Methane (rocket fuel)
- ☠ Butane (lighter fluid)
- ☠ Cadmium (batteries)
- ☠ Hydrogen Cyanide (gas chamber poisoning)
- ☠ Carbon Monoxide (car exhaust)



The NO SMOKE EXCUSE BLASTER

The goal is one brick in the emotional and psychological foundation for freeing the smoker from the habit. Below are a few of NO SMOKE's typical smoker's excuses with answers:

Excuse ---- "I really like to smoke."

Zap Excuse ---- "You think you really like to smoke, but what you really like is the temporary freedom smoking gives you from the craving for highly addictive nicotine. You're trying to quit because you want that enjoyable feeling permanently."

Excuse ---- "I inhale so much air pollution anyway, so the cigarettes don't matter."

Zap Excuse ---- "The dirt you suck into your lungs from smoking is 100 times more lethal than the worst air pollution. The combination of the two is particularly deadly. Just breathe out some cigarette smoke through a handkerchief and you'll get the idea."

Excuse ---- "It's the only "bad" thing I do to myself."

Zap Excuse ---- "Smoking may be the only bad habit you have, but it's worse than all others combined. It is an indulgence that comes at a high price."

Excuse ---- "I enjoy the taste of cigarettes."

Zap Excuse ---- "You only think you enjoy the taste of cigarettes because you are hooked. Even if you enjoy the flavor from time to time, is taste really a motivator for the cigarette after cigarette you smoke every day?"

Excuse ---- "I need to smoke to calm my nerves."

Zap Excuse ---- "You need to smoke to calm your nerves because your smoking habit makes you need to smoke to calm your nerves. Quitting smoking (after you've done it; not during the difficult process) not only breaks this cycle, but puts you into a more calm lifestyle. Smoking in itself is something of a nervous habit."

Excuse ---- "My cigarettes are my friends."

Zap Excuse ---- "With friends like these, who needs enemies. Would a friend get you hooked, damage your health, make you smell awful, control your behavior every day of your life?"

Excuse ---- "If I quit smoking, I'll gain weight."

Zap Excuse ---- "Some people gain weight after quitting smoking, but it's not automatic. Part of a rational approach to quitting smoking is not substituting unhealthy food behavior for the smoking. This program has a special interactive section on avoiding weight gain."

Excuse ---- "I'm a smoker and that's that. It's part of my lifestyle."

Zap Excuse ---- "This is the toughest excuse of them all to refute. But are you that much a slave to cigarettes that you need to devote your whole life to them? Think about it."

Excuse ---- "I can quit any time I feel like it."

Zap Excuse ---- "Many smokers are convinced they can quit any time they wish, but they do not realize how physically and psychologically addictive the smoking habit is. The answer is that they can quit, but only with a methodical system and a lot of support."

Excuse ---- "Low tar and nicotine cigarettes aren't so bad."

Zap Excuse ---- "Low tar and nicotine cigarettes lead you to smoke more, inhale more dangerous chemicals, and spend much more money than regular cigarettes to get the same nicotine "fix" you crave. The false feeling of "safety" you get from these brands can keep you smoking long after you should have quit. It's all a (very profitable) gimmick."

The NO SMOKE PANIC BUTTON

-----When you get the craving for a cigarette, remember that the worst will be over in just a few minutes. So get involved with something else. Do a necessary and time-consuming chore like sorting your files or even cleaning your home. Once you get through the first 5-10 minutes, tell yourself you're a hero! Never feel sorry for yourself. You can do it!

-----Put something else in your mouth, preferably something that doesn't make you fat. A pencil, a finger. If you occupy yourself with bill paying and check writing, you'll get some oral interaction from licking the envelopes and stamps. Or buy wind instrument (flute, saxophone, recorder, harmonica) and learn how to express yourself through it. You get a lot of oral satisfaction from playing the harmonica, it's easy, and you can buy one for practically nothing. You can do it!

-----Here's a good breathing exercise the really helps for those panic moments. It takes some practice so be patient. Relax your body. Go limp. Inhale slowly and deeply, Breath in as much as you can. Hold for a brief moment and then let the air out very slowly. Push out the last bits of air then hold for a moment. Repeat a few times. Practice getting the exercise right, concentrating on smooth breathing at all times. You can do it!

-----Instead of smoking, write down plans for quitting smoking (even if you have already written down plans). Write down plans for some other goal. Write down a shopping list. Take out a pen or pencil (it will occupy your hands and you can also chew on it) and write down something purposeful. Poetry, a letter, anything. You can do it!

-----DISTRACT yourself with ANYTHING when you get the urge. It will pass in a few minutes. You might get the urge to smoke again but don't worry about that now. Get through each urge one at a time. Each time you get the urge think back to previous times you successfully resisted the urge. If you succeeded once, you can succeed twice. If you succeeded twice...well, you get the idea. You'll come to like the process of getting the urge and then getting through it. You get stronger each time. You can do it!

-----Have an imaginary conversation with people who know you about how successful you were at quitting. Get into it and make it as elaborate as possible. Imagine the questions they will ask you and rehearse your answers word for word. Imagine telling everyone how good you feel now that you have quit. Remember: word for word. Choose descriptive adjectives that truly reflect the joy you feel at "growing clean." Try this technique over and over until you become superbly articulate on the subject of quitting. You can do it!

website: <http://www.quitnet.org/Library>

The Financial Impact of One Pack of Cigarettes Per Day

Yes, smokers and non-smokers alike can attest to the fact that smoking is a dirty habit. In addition to the health side effects and other negative associations that smoking has, there is a financial impact that smoking one pack of cigarettes per day carries with it.



Image credit: [SuperFantastic](#)

The cost of one pack of cigarettes per day

Assume that you smoke one pack of cigarettes per day. Let's also assume that one pack of cigarettes costs \$8. The money really adds up over several years:

- 1 day = \$8
- 1 month = \$240
- 1 year = \$2920
- 5 years = \$14,600
- 10 years = \$29,200
- 25 years = \$73,000
- 50 years = \$146,000

Investing the money from one pack of cigarettes per day

Had you invested the money that you spent on smoking one pack of cigarettes per day, you would be astonished at the results you would see. We are going to assume that you invested in a conservative account that returned 4% annually:

- 1 year = \$3,036.80
- 5 years = \$15,184
- 10 years = \$30,368
- 25 years = \$75,920
- 50 years = \$151,840

It's amazing how the little changes in our lifestyle that can have a profound impact on our lives.

<http://slashmarks.com/the-financial-impact-of-one-pack-of-cigarettes-per-day>

FREE RESOURCES FOR QUITTING SMOKING

American Cancer Society

<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

American Lung Association

www.lungusa.org/stop-smoking

1-800-586-4872

LUNGUSA

The Lung HelpLine offers free smoking cessation counseling and one-on-one support from registered nurses and respiratory therapists.

800-548-8252 Jacksonville chapter

www.ffsonline.org

ONLINE LESSONS – the “Basic” program option is FREE

Smokefree.gov

<https://smokefree.gov>

TONS of specific information, plus free chats with experts, free apps, free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smokefree and being healthier.

FREE service for Florida residents

(877) 822-6669 7 days a week, 8:00 am through 3:00 am (they're not there from 3-8am)

U-CAN-NOW

FLORIDA QUIT-FOR LIFE-LINE: A toll-free telephone based tobacco use cessation HELP LINE for adults (Florida Residents over 18 who are ready to make a quit attempt).

Free counseling sessions over the phone, free reading materials sent through the mail, support, they'll help you see if you're eligible to receive free or discount nicotine patches, gum, etc.

Tobacco-Free Partnership of St. Johns County

825-5060

Nancy Birchall, St. Augustine Coordinator

They'll send you free materials in the mail, etc.

HERE ARE SOME RESOURCES ON JW.ORG

A False Friend

<https://www.jw.org/en/publications/magazines/g201005/A-False-Friend>

at the end of that page, hit the “*next*” button to read the next 4 articles in this series

Next



Strengthen Your Motivation
Seek Out Help
Prepare for the Hurdles
You Can Win!

Why Quit Smoking?

<https://www.jw.org/en/publications/magazines/g20000322/Why-Quit-Smoking>

What Is God’s View of Smoking?

<https://www.jw.org/en/publications/magazines/wp20140601/bible-about-smoking>

Does It Really Matter to God Whether I Use Tobacco?

<https://www.jw.org/en/publications/magazines/wp20120801/Does-It-Really-Matter-to-God-Whether-I-Use-Tobacco>

What Should I Know About Smoking?

<https://www.jw.org/en/publications/magazines/g201103/What-Should-I-Know-About-Smoking>

Don’t Let Your Life Go Up in Smoke (whiteboard animation video for teenagers)

<https://www.jw.org/en/bible-teachings/teenagers/whiteboard-animations/smoking-vaping-consequences>

How Do Bible Principles Benefit Us?

<https://www.jw.org/en/publications/books/good-news-from-god/bible-principles-benefit-us>

And this is the most powerful resource at your disposal:

“I say to you, keep on asking, and it will be given you; keep on seeking, and you will find; keep on knocking, and it will be opened to you. For everyone asking receives, and everyone seeking finds, and to everyone knocking, it will be opened. Indeed, which father among you, if his son asks for a fish, will hand him a serpent instead of a fish? Or if he also asks for an egg, will hand him a scorpion? Therefore, if you, although being wicked, know how to give good gifts to your children, how much more so will the Father in heaven give holy spirit to those asking him!” -- Luke 11:9-13

Ask Jehovah God for holy spirit, and then allow it to work on you. Do everything that will enable you to receive as much holy spirit as possible (open your heart in prayer, ask for holy spirit, study the Bible, deeply take God’s words to heart and apply them, go to meetings at the Kingdom Hall, go to assemblies and conventions, etc). Why? Because holy spirit is the most powerful force in the universe – it is Jehovah’s power in action. By it, the entire universe was created, the Red Sea was split open, phenomenal miracles and resurrections have and will yet happen. This power can enable you to conquer any obstacles and to successfully strip off and keep off the old personality if you work in harmony with it. If you stay in the flow of holy spirit, you will gain victory! Without it, you’re just on your own ...