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Foreword

One of the most common New Year's resolutions of many people from different parts of the world is to put an end to their smoking habit. However, most of them find it hard to keep their pledge and end up going back to their old habit over and over again. If you are now more determined to kick the butt, this book aims to help you maintain your pledge to stop smoking and make your resolution turn into a reality.



Smoking Solutions

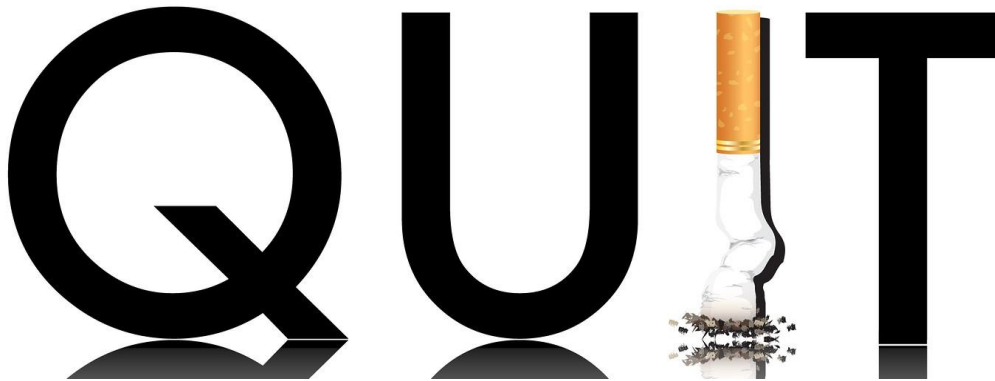
How To Maintain The Stop Smoking Pledge From Your New Year's Resolution.

Chapter 1

Stop Smoking Resolutions Basics

Synopsis

There are several fundamental things that you need to know about stop smoking resolutions. Here, you will learn the different integral aspects of this resolution to help you finally quit your smoking habit for good.



Why Quitting is Just So Hard

Smoking still remains to be the primary preventable cause of many fatalities all over the United States. But if you are a smoker, you know that kicking this habit is easier said than done. You can put the blame of nicotine, which is a highly addictive tobacco component that can lead to emotional dependency and physical withdrawal.

However, now that the New Year is here, this is now the perfect time to work on your stop smoking resolution. There is no need to be disheartened in case you still struggle with kicking the butt because you are not the only one that fights in this battle. The truth is, this is one of top 5 New Year's resolutions that a lot of people make every year, meaning there are really plenty of other people who share the same dilemma as you. Before anything else, you need to deal with your addiction as well as the habits that go with this. Start with creating a realistic plan that will help you get through this particular challenge.

Advanced Planning

One or several reasons have pushed you to make such a decision. In order to succeed, this motivation needs to be reinforced with a strong and firm will power. Check your planner and pick the perfect stress-free month for you to quit.

Create a Support Group

Things will be difficult for the first several weeks since you will need to deal with withdrawal symptoms. You can enlist the assistance of your family,

friends as well as coworkers. These people can be the best source of encouragement and strength during this challenging time. Also, you can join a support group.

Eliminate the Temptations

You have to determine the things which trigger you to smoke. Avoid situations that might make you grab a cigarette and lessen the time that you spend hanging out with people who also smoke. Clear your surroundings of cigarettes as well as other smoking paraphernalia and tools.

Be Active

Physical activities will help for you to stay busy each time you get the urge of smoking a cigarette. Visit the gym or take a stroll in the park when you have a lot of free time.

See an Expert

You might also consult a behavioral therapist who can assist you in quitting smoking or you can also visit your doctor who can suggest prescription medications that can help ease the nicotine withdrawal.

Never Give Up

Just like the rest of addictions, it is never easy to quit smoking. Perseverance is needed and you have to stop looking for excuses to get your hands on a cigarette again. Although there might be relapses, take this as a chance for making your commitment stronger and try much harder.

Chapter 2

Learn From Past Attempts

Synopsis

As the old saying goes, experience is always the best teacher. If you find cigarette smoking as simply irresistible, think of your previous attempts to quit and you will surely be urged to pushed harder than before.



No One Said That Quitting is Easy

It can be a very challenging to quit smoking, A lot of people even try making multiple attempts and it is primarily because nicotine is one drug that can be highly addictive and difficult to resist. However, you should never give up trying only because you failed to succeed in the past.

Remember your previous attempts to stop – what worked and what did not. In case a single method did not work, never hesitate trying a different method. It is very possible for you learn something new each time you try. For all you know, this might already be the perfect time that you will be quitting for good!

Barriers to Smoking Cessation

A lot of people continue to smoke because they have a feeling that this habit somewhat helps them in certain ways or they are only fearful of the side effects that they can possibly experience once they quit. Some of the most common concerns are the following:

- The need to smoke in order to relieve stress – There are still plenty of healthy and effective ways that can help you relax which are beneficial for your entire body, including meditation and exercise.
- The fear of getting depressed – Smoking cessation can usually make an individual feel so much better about themselves, completely in control. In the case of people suffering from mental illness or who used to have a mental illness, there is special support available.

- The fear of gaining weight – The perfect approach is focusing on how you feel and look physically instead on focusing on your weight. Several other methods are available to help in maintaining your weight.
- The fear of withdrawal – It is known that nicotine is an addictive drug, with the withdrawal effects' being unpleasant. But, these are only temporary symptoms and the use of quitting medications will reduce the effects.

Prepare in Advance and Change Routines

- After learning from your past attempts, it is important that you fully prepare yourself for that one day that you are planning to quit for good. Consider your environment and the things that need to be altered. Eliminate all the tobacco products as well as other things like ashtrays in your house, car and your workplace.
- Never let other people to smoke when you are around them. Try to ask them to avoid using tobacco when you are nearby or put cigarettes and similar tobacco items in places where they are visible to you.
- If you have tried quitting before but you failed, try changing your routine. Use an entirely different route when going to work. Have your breakfast in another place. Do things that can lessen you stress. You can also try distracting yourself every time you feel the urge to use tobacco or smoke. Talk to others, go for a stroll, read a book or exercise. Plan things that you can enjoy doing every day.

Chapter 3

Use All The Support You Can Get

Synopsis

As no man is an island, it is important that you get all kinds of support that you can get from other people around you. Through their assistance, it will become much easier for you to face this testing battle.



Let Others Help You

As was said, smoking cessation is never easy if you will be doing it all on your own. Make sure that you can get all the support that you can from other people around you. There are plenty of ways on how you can do this. For instance, you can tell the members of your family, your friends as well as colleagues that you have finally decided to quit smoking and that you require their support. Based on studies, it was shown that there is a higher chance for you to succeed with your smoking cessation goals when you have some help..

You can consider signing up for telephone, group or individual counseling. Counseling can double your chances of being successful. This can also help you in identifying and overcoming those situations which can make you feel the urge to light a cigarette. There are now free programs that are available in local health centers and hospitals. You can call the health department in your area for information regarding the programs being offered in your place. If you are from the United States, there is also free telephone counseling being offered.

You can also visit your healthcare provider, including doctor, dentist, pharmacist, nurse, psychologist, or a smoking cessation counselor or coach, particularly if you would like consider the use of medications.

You can also combine quit counseling with the use of prescription or over the counter medications. It is a combination that can work much better compared to either method when used alone.

It is important that you get the assistance of the people around you because without them, you will surely never be able to win this battle. Through their help, things will be less difficult for you and the challenge will not be as difficult as it seemed to be in the first place.

Chapter 4

Research And Decide If You Need Medication

Synopsis

One of the methods that you can use to successfully quit smoking is through the use of medication. However, it is important that you conduct your own research first before you settle for any particular medicine.



Medicines and Other Treatments to Support Smoking Cessation

When used correctly, medicines will be able to help you to stop your smoking habit. The different nicotine replacement medicines have gradually decreasing nicotine doses that can help lessen irritability and headaches that you can experience when you choose to quit smoking. The non-nicotine prescription medicines will also be able to assist you in making your cravings for nicotine less severe.

Your nurse or doctor can also assist you in deciding if such medicines can be of help to you. Also, your doctor can decide if results will be better for you if you will use both non-nicotine and nicotine replacement medicines.

Once you get to talk to your healthcare provider, make sure that you inquire about the right ways of using the medicine. Based on studies, there are a lot of smokers who fail to use their medicines properly. If you will not be using these medicines in the right way, it will never work well enough for you. Your medicine's information sheet will tell you exactly the right way of using the medicine.

Nicotine Replacement Medicine

These medicines cannot be used if you continue to smoke or use some other tobacco items. Combined nicotine usage can be harmful so you need to completely quit smoking prior to starting the use of nicotine replacement medicine. Usually, the treatment lasts from 2 to 3 months. Although you

can always purchase these products with no prescription, consult your doctor first regarding the most suitable medicine for you.

- Nicotine Patch – A prescription from your doctor is not needed to purchase nicotine patch. These patches usually have varied strengths. There are brands that come in 5, 10 or 15mg strengths and there are also those that have 7, 14 or 21mg strengths. Make sure that you read the product package to know the strength that you have to use, based on your smoking amount.
- Nicotine Lozenges or Chewing Gum – Nicotine gum has already helped a lot of people who want to stop smoking for 2 decades now. The lozenges or gums can be purchased in drugstores with no prescription. Go through the instructions and observe correct use of the lozenges or gum.
- Nicotine Spray – To purchase this spray, you need your doctor's prescription.
- Nicotine Inhaler – This is a kind of mist or vapor that you will breathe to your mouth and upper chest.

Non-Nicotine Prescription Medicines

A certain medicine meant for curing depression, Bupropion hydrochloride has been discovered to help people who want to quit smoking. It has several brand names although you can also get it in its generic form. One relatively new medication which can help smokers to quit their habit is Varenicline.

Make sure that you get some advice from your doctor to know which of these medicines will be able to assist you in your smoking cessation goal.

Chapter 5

Understand Nicotine Addiction

Synopsis

Nicotine addiction should not be taken for granted. Nicotine can cause harmful effects to your body so it is important that you curb your addiction to this substance at the soonest time possible.



What is Nicotine Addiction?

Nicotine can be found in all tobacco-containing products and unfortunately, developing addiction to this particular substance is very easy. The moment you start to smoke, which usually happens during mid or late teenage years, you will only have to light up several cigarettes within a couple of days before you start to build up your nicotine tolerance.

But why is it that nicotine is that addictive?

Just so you know, nicotine can help in releasing the chemicals which activate your brain's reward pathway.

Once you continuously smoke cigarettes as well as other products that contain tobacco, this reward pathway chemistry in your system also adjusts accordingly. Then, you become programmed to look for tobacco in order to satisfy your cravings for nicotine even if you are very much aware of the consequences that you will have to deal with if you continue to smoke and despite the want to stop smoking.

The cravings that you have for lighting up a cigarette will remind you of topping up the levels of your nicotine intake in order for you to avoid the stress and discomfort that are commonly lined to symptoms of nicotine withdrawal. These symptoms of withdrawal usually start for only several hours after, the result of the quick workings of nicotine. If you will go without smoking a cigarette, it is common to feel symptoms of nicotine withdrawal, including strong cravings, trouble in concentrating, irritability, anxiety, restlessness, trouble in sleeping and low mood. If you are a smoker,

you increase your nicotine levels through regularly smoking during the entire day and majority of smokers do this day after day.

What are the things that you can do to overcome your nicotine addiction?

The moment you stop smoking, you are going to suffer from nicotine withdrawal yet there is some great news that awaits you. The nicotine withdrawal symptoms commonly peak after 3 or 4 days, with majority of smokers finding that they usually tend to last of not over 10-14 days. It may differ from one person to another.

Even though you might not really feel like it, the truth is you are actually getting better and in only a matter of two weeks, your system can already be free of most of the symptoms associated to nicotine withdrawal. The moment this happens, your cravings for smoking will lessen and it will be easier for you to lead a smoke free life. It is not usual for smokers to experience a lot of symptoms for over an extended time frame.

The second great news is that these symptoms can actually be lessened and in the case of several smokers, these can be eliminated completely using NRT or nicotine replacement therapy or any of the prescription medicines meant for quitting smoking.

Chapter 6

Reprogram Your Mind About Smoking

Synopsis

They say that the mind is a powerful organ and in the case of smoking cessation, reprogramming your mind can do wonders in order to be successful in your goal. There are several things that you can do for changing your mind and your life as a whole.



Change Your Mind to Change Your Life

Based on studies, there were plenty of ex-smokers who managed to let go of their habit because of a whim – a spur of the moment decision of quitting smoking instead of it being the result of preplanning. Research has revealed that through the different degrees of motivational tension to stop that a smoker can feel, mixed with various triggers in the environment of a smoker, it can lead to a mindset alteration which can encourage a more comprehensive and complete transformation once tobacco is immediately renounced instead of doing it in a certain planned time in the near future. Basically, quitting smoking has something to do with your mindset and attitude instead of having a particular plan.

People who look for information about the things that they can expect when moving through the entire recovery process from addiction to nicotine usually have more chances of experiencing success. Reprogramming your mind plays a crucial role in order for you to successfully win your battle against smoking. But what are the things that can help in reprogramming your mind?

Education

Education, as you probably know, is very empowering. This empowerment can go double, increasing education's value when it comes to quitting smoking. So that you can be permanently freed from your nicotine addiction, the first step for reprogramming your mind is changing the meaning of tobacco for you. It is important that you change your relationship with smoking. And as it so happens, education can greatly help you in that aspect. Make sure that you learn about the things that you can

expect once nicotine withdrawal takes place. read all the information that you can get regarding the addiction – starting from its effects to your body and how you can heal after you quit smoking.

Support

The value of having other people who have experienced or are experiencing the same thing that you are going through, and know exactly how to push you, is extremely priceless. There are now many support groups and communities with caring people who can serve as your inspiration in order to become successful in your efforts to quit smoking. You can join these groups and forums and use the things that you learn there to reprogram your mind and how you see smoking.

Chapter 7

Use Healthy Snacks Instead Of A Cigarette

Synopsis

There are actually several health snacks that can serve as the perfect replacement for your cigarettes. Aside from helping you get rid of your bad habit, these healthy snacks can also bring great wonders to your overall health. Learn about the best snacks that you can add to your daily meals to permanently get your hands off that cigarette.



Great Snacks to Replace That Cigarette

Cigarettes, just the rest of tobacco products, have large nicotine amounts. As you have already learned from previous chapters, nicotine can be addictive, which is why quitting smoking might cause a person to emotionally and physically crave it. The foods that help lessen these cravings for nicotine have the ability of providing not only good taste but also oral gratification in order to stimulate your taste buds. Quitting smoking is never easy and trying to quit will need utmost determination combined with eating the right kind of foods.

Nutritious and Healthy Snacks to Help You Kick the Butt

Cravings for cigarette can be natural, particularly when you are in an environment with high stress levels. In order to lessen your cravings, there are several nutritious snacks, like crunchy vegetables and fresh fruits, which can help reduce your desire for nicotine. For instance, you can bring snacks to your office. You can cut up several bite-sized pieces of celery and carrot sticks that can keep your hands busy and can distract you until the urge has passed. Celery can be of great use since its crunchy texture will be enough for satisfying your craving and the bonus here is that it has no calories. Apples and almonds are also some favorite healthy snacks of those who want to quit smoking. However, raw almonds, as well as sunflower seeds, low fat vegetable chips, and nuts need to be eaten moderately. Eating nutritious foods to replace the nicotine in your body will make you feel healthier and better. When you feel better, it will also take away your desire to light up a cigarette.

These snacks can be alternated with some other healthy foods in order to lessen the boredom of having to eat exactly the same foods over and over again. Other options that you've got include:

- **Hard Candy** – This can help replace your desire to smoke and curb your urge to get a nicotine fix. Even though hard candy cannot be considered as a nutritious food, this is always available and can reduce the task of having to look for natural food products immediately once you feel the start of an urge. Lollipops are also great as you can hold on something while you eat hard candy, mimicking the act when you hold a cigarette.
- **Chewing Gum** – This helps replace the oral fixation which takes place when you smoke a cigarette. Chewing gum can reduce your need for nicotine in cigarettes. This can give your mouth and teeth something to be busy about. Chewing different gum brands with good taste will help in desensitizing your desire for nicotine.

However, there is one important thing that you must never forget and that is to drink lots of water. Water can help in stopping your nicotine cravings almost instantly. Programs on smoking cessation usually encourage people to drink plenty of water every day as this can lessen the urge to smoke and at the same time, it helps the body to forget the euphoria that it experiences with nicotine. Make sure that you drink 6 to 8 glasses of water daily to lessen your cravings for nicotine.

Chapter 8

Make a Commitment To Yourself and Others

Synopsis

Full commitment is the most important thing that you need to have in order to successfully get rid of your smoking habit. This commitment must be both for yourself and those people around you.



Quit Smoking: Commit To Yourself and the People You Care About

In whatever endeavor that you take, commitment is the most integral aspect that can guarantee your success and make you reach your goal. Even though you are determined to quit smoking and you did try to start, things will only be futile if you will not be fully committed to doing it all throughout the way until you have finally kicked the habit for good. Here are several effective things that you can think about in order to establish and renew the commitment that you have for quitting smoking.

Think of Your Long Term Budget

It is not a secret that smoking can be one expensive habit. It has been found out in a certain study that smokers whose spending plans and savings have been stretched ahead over several months have higher chances of quitting smoking compared to the ones whose plans are only good until next week. This is because long term budgeters give more emphasis on their future. If you do not want to end up spending all your savings and be left with nothing to use when you need to treat the health consequences brought by your habit, give your commitment to thinking about your budget not only for next week but for a longer term.

Think of Your Pets

In case you still do not know it, secondhand smoke is also harmful to your pets in the same way that it is dangerous to non-smoking humans. Research has revealed that exposure to tobacco smoke is being associated to development of lymphoma in the cats and lung cancer and nasal cancer in

dogs, among some other effects. If you love your pet and you do not want them to carry the burden of being exposed to your cigarette's smoke, make a commitment that you will think about them the next time you light one.

Think of Your Future Children

Whether you are a man or a woman, smoking can greatly jeopardize the condition of a child even way before conception. For women, smoking can increase risks of infertility, make egg cells more inclined to have genetic abnormalities and accelerate reproductive aging.

As for men, smoking is found out to lessen sperm motility and count and increase sperm abnormalities. Aside from these, men who have smoking habits can pass on damaged genetic information that can increase the chances of having childhood cancer as well as other diseases which their offspring can suffer from. If you do not want your future kids to suffer the consequences of your actions, commit that you will not endanger their future for only several minutes of smoking pleasure today.

Chapter 9

Use Affirmations to Stay On Course

Synopsis

Words are very powerful, and as far as staying on the right course of quitting smoking is concerned, you can guarantee that the following affirmations can do wonders for you to continue with your journey to kick off the habit.



Positive Words for a Positive Outcome

While it is difficult to quit cigarette smoking, there is one effective method that you can try – the use of positive affirmations. These affirmations will be able to help ease the stress and tension of quitting smoking. Why is that? It is simply because all the thoughts that you have will help determine how you actually feel and the feelings that you have about one thing usually trigger the corresponding actions.

- ✚ I love myself and my family more than I love smoking.
- ✚ I am smoke free, now and forever.
- ✚ I say no to smoking and a big yes to life.
- ✚ I am in full control of my life.
- ✚ I feel and look great.
- ✚ I am free from smoke and free from nicotine cravings.
- ✚ I cancel out smoking from my life.
- ✚ I choose life over death.
- ✚ I will not let smoking conquer me.
- ✚ I have clearer, cleaner, and healthier lungs.
- ✚ I love to breathe fresh air and detest cigarette.
- ✚ I love waking up every morning knowing that my lungs are cleaner now that my body is no longer crowded by nicotine.

- ✚ I am healthy and robust and I repel smoke from cigarette.
- ✚ I am not attracted to cigarettes.
- ✚ After quitting smoking, I feel happier, healthier, and more relaxed than ever.
- ✚ I choose to take care of my health instead of smoking, happiness instead of depression and freedom instead of addiction.
- ✚ Now that I am smoke-free, my heart has become healthier, my blood pressure has become normal and I have never felt happier.
- ✚ I am a relaxed and calm non-smoker.
- ✚ Every brand new day gears me towards a better and healthier and steers me away from smoking.
- ✚ I now enjoy eating as foods become better tasting to me now.
- ✚ I smell better now and other people love to be with me.
- ✚ I have never been this happier and freer my whole life.
- ✚ My body is now purified and cleansed.
- ✚ My body is already toxin-free.
- ✚ I can control my cravings and the things I crave now are only the healthy ones.
- ✚ I feel younger and healthier today.
- ✚ I am now breathing better than ever.

Chapter 10

The Benefits Of Maintaining Your Stop Smoking Resolution

Synopsis

By breaking free of your smoking habit, you can expect for a lot of positive changes in your life. Discover the various benefits that you can expect to get once you maintain and stick to your stop smoking resolution.



Break Free of Smoking and Change for the Better

For some, a stop smoking resolution might only be a matter of staying healthy but the truth is, there are actually plenty of benefits that you can expect to get, experience and enjoy once you are totally committed to maintaining it.

Enjoy an Increased Lifespan

If you want to see your grandchildren up and about, you need to say goodbye to smoking as early as now. Smoking can increase the risk of dying as much as ten times much earlier because of the different life threatening issues which are associated to this bad habit.

Lessen Your Chances of Suffering from Different Serious Health Conditions

Cigarette smoking can make your living and your life vulnerable. There is a high chance that you will live with sickness each and every day. Make sure that you quit smoking as early as now if you like your life to be healthy and free of different ailments such as fertility issues, impotency, macular degeneration, cataracts, osteoporosis, tooth loss and gum disease.

Make Your Body as Pure as That of a Baby

Everyone loves babies and by quitting smoking, you also increase your chances of making your body similar to that of a baby all over again. If you want to be pure and feel good like a baby, give up on your smoking habit right away. The moment you do so, it will only take several minutes for you

to go back to your normal state, from the normal temperature of your hands and feet, to your pulse rate and blood pressure.

Relieve Your Honeymoon Night Every Single Night

By quitting smoking, you also help in improving your sex life. Staying away from cigarettes can be of great benefit for both genders. Women are going to be aroused much easily and men are going to enjoy better erections. On top of that, being a non-smoker will make you look more appealing to the eyes of the opposite sex.

Put an End to Harsh Coughing

When you decide to stick to your stop smoking resolution, you will notice an instant decrease in your heavy coughing. Simultaneously, heavy breathing and breath shortage will also lessen because your lungs can now function normally all over again. When your lungs reaches its normalcy, it can increase its ability of handling mucus, cleaning the lungs, and lessening the chances of incurring various infections.

Say Goodbye to Smoker's Stink

After several minutes of quitting smoking, you can expect that the smoking odor will also disappear from your body. And when you smell good, you will also become more attractive to those around you because there is definitely no one who would like to hang around with someone whose smell is like that of a cigarette stick. On top of that, your home will also smell cleaner and fresher when you quit smoking.

Feel Good and Look Good

Smoking can cause premature aging, something that nobody likes. For sure, you would not want to be mistaken for a person who is twice older than your actual years of being in early 20s. When you quit smoking, this will not just benefit your general health for at the same time, this will help improve your looks and overall appearance. Smoking can cause wrinkles, making you seem slow and dull. To feel better and look better, maintain your stop smoking resolution and experience great changes in your life.