

OVERCOME SMOKING FOREVER



Overcome Smoking Forever

James Parducci



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How to Stop Smoking Forever Stephen Batt,2020-05-05 Why I Wrote This BookI used to be a smoker I smoked about 20 cigarettes a day for almost 20 years If I went out for a few drinks that d climb to about 30 or 40 Sometimes I d wake up coughing and I d have a cigarette before getting out of bed I didn t think I d ever learn how to stop smoking forever But I did I stopped smoking 15 years before writing this book One day a friend asked me how I stopped That started an in depth conversation and a serious evaluation of the differences between all the times I d tried to give up smoking but failed and the time I actually stopped smoking forever I know for certain that I ll never smoke again And I knew it straight away the last time I gave up I knew it because my thought process was different that time It was the real thing Now I ve developed that process into a technique that I believe will work for all adult smokers It worked for me It can work for you too This book is not for teenagers They know they re bulletproof and the future isn t really real And it s not for people who don t really want to give up It s for adults who genuinely want to quit It s not a fun book But it should lead to a very happy ending Stephen Batt

Overcome Smoking! Alan Brody,2025-08-14 Quitting smoking is easy Mark Twain once said I ve done it hundreds of times You only need to quit once and for good You do that by turning the addiction around and making it quit you All it requires is planning according to this 3 Step method Even if you feel you are not quite ready this will draw you in and make quitting easy **How to Quit Smoking Forever** Claudia Alves,2020-08-29 How to Quit Smoking ForeverReady to stop

smoking These tips will help you kick the cigarette habit for good Why is quitting so hard We all know the health risks of smoking but that doesn't make it any easier to kick the habit Whether you're an occasional teen smoker or a lifetime pack a day smoker quitting can be really tough Smoking tobacco is both a physical addiction and a psychological habit The nicotine from cigarettes provides a temporary and addictive high Eliminating that regular fix of nicotine causes your body to experience physical withdrawal symptoms and cravings Because of nicotine's feel good effect on the brain you may turn to cigarettes as a quick and reliable way to boost your outlook relieve stress and unwind Smoking can also be a way of coping with depression anxiety or even boredom Quitting means finding different healthier ways to cope with those feelings Smoking is also ingrained as a daily ritual It may be an automatic response for you to smoke a cigarette with your morning coffee while taking a break at work or school or on your commute home at the end of a hectic day Or maybe your friends family or colleagues smoke and it's become part of the way you relate with them To successfully stop smoking you'll need to address both the addiction and the habits and routines that go along with it But it can be done With the right support and quit plan any smoker can kick the addiction even if you've tried and failed multiple times before Your personal stop smoking plan While some smokers successfully quit by going cold turkey most people do better with a tailored plan to keep themselves on track A good quit plan addresses both the short term challenge of stopping smoking and the long term challenge of preventing relapse It should also be tailored to your specific needs and smoking habits Questions to ask yourself Take the time to think of what kind of smoker you are which moments of your life call for a cigarette and why This will help you to identify which tips techniques or therapies may be most beneficial for you Are you a very heavy smoker more than a pack a day Or are you more of a social smoker Would a simple nicotine patch do the job Are there certain activities places or people you associate with smoking Do you feel the need to smoke after every meal or whenever you break for coffee Do you reach for cigarettes when you're feeling stressed or down Or is your cigarette smoking linked to other addictions such as alcohol or gambling

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