

QUIT SMART™

Stop Smoking

With the
QuitSmart System,
it's easier than
you think!

Dr. Robert Shipley
Director, Duke Stop Smoking Clinic
with Dr. Jed Rose
Inventor, Nicotine Skin Patch

Quit Smart Stop Smoking Guide With The Quitsmart System Its Easier Than You

Ben Armstrong



Quit Smart Stop Smoking Guide With The Quitsmart System Its Easier Than You:

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How to Stop Smoking Lilly De Sisto, How many times have you thought about quitting smoking How many times have you tried to kick the habit only to give into your cravings and light up again I've been there While there are many books focusing on helping people quit smoking few have them were created by people who really know what it's like to be heavily addicted to the smoker's lifestyle and it really is a lifestyle isn't it We smoke to be social we smoke after a good meal with friends we smoke to relax and we even smoke just for the joy of it all whether it's a choice or not doesn't matter we don't all hate smoking we all just know how incredibly risky it is to keep on doing it So we stick on the patch and try our hardest to resist the temptation of lighting up when that doesn't work we try chewing on nicotine gum only to burn our throats and gag at the flavor that hardly replaces a cigarette and after those things fail us miserably we become guinea pigs to hypnosis or magnetic jewelry all claiming to be instant solutions to butting out that last cigarette permanently Yet how many of those things really work Our cravings are stronger than most of the aids and despite how seriously committed you are to quitting without a solid system in place you are likely going to continue to shell out money trying every new gimmick to hit the market only to continue right back where you started But it doesn't have to be that way For the first time ever I have written everything I know about smoking the reasons we do it the methods we can use to quit and how we can rid ourselves from the powerful control that smoking has over us without ever having to suffer from withdrawal or worry about relapse If you really want to butt out for life you need to grab a copy of this book and put it into action TODAY never again will you ever have to struggle with trying to quit on your own This guide is a comprehensive system that covers all aspects of smoking and reveals the critical elements of an effective quit smoking system that you NEED to know if you want to be successful Here is just a sneak peek of just some of what's revealed Find out why you are really addicted to smoking and exploit this information to your advantage by deactivating triggers that cause you to light up This is one of the easiest methods of kicking the habit regardless how much you smoke Learn the shocking truth about stop smoking aids and what really works and what doesn't Never waste another dime on flaky gimmicks that only cause you to fail every time you try to quit Step by step strategy to quitting forever Follow these time tested PROVEN techniques to living a healthier happier smoke free life and NEVER suffer

from relapse Find out how you can eliminate cravings instantly and kick the habit faster and easier than you ever thought possible You really can become a non smoker even if you have been smoking for many years These insider tips will show you how

[The Easy Way to Quit Smoking](#) Sergio Rijo, 2023-09-26 Are you tired of the grip that smoking has on your life Do you dream of a healthier smoke free future The Easy Way to Quit Smoking The Only Guide You ll Ever Need is your roadmap to a life without cigarettes This comprehensive guide takes you on a transformative journey from the smoking dilemma to a smoke free future It begins with a deep dive into the challenges of quitting and the health risks associated with smoking You ll understand the science behind nicotine addiction how it affects your brain and the power it holds over you Preparation is key and this book guides you through setting a quit date creating a personalized quit plan and identifying your smoking triggers It ignites the flame of motivation and commitment within you making the journey ahead feel not only possible but also exciting Explore the wide array of smoking cessation aids from nicotine replacement therapy to prescription medications Delve into the daring world of quitting cold turkey with strategies and advice to help you navigate withdrawal symptoms But this book is more than just a collection of methods it s a holistic approach to quitting Discover the incredible power of mindset positive thinking and self affirmation techniques Learn how to build a robust support system drawing encouragement from friends family and support groups The journey isn t without its challenges particularly when it comes to managing triggers whether they re environmental or emotional This guide provides insights into identifying and coping with these triggers offering healthy alternatives to smoking and stress management techniques Staying active and healthy is a crucial aspect of quitting You ll explore the benefits of exercise strategies for creating a healthier lifestyle and the role of nutrition in your journey Nicotine cravings can be formidable but this book equips you with techniques to handle them including distraction and relaxation methods It teaches you how to stay strong during challenging moments and how to prevent relapse Navigating social pressures and communicating your decision to friends and family is addressed in detail You ll build resilience against the social influences that might tempt you to return to smoking As you progress you ll track your journey set up a reward system and celebrate your milestones and achievements Weight gain is a common concern for quitters and this guide offers understanding strategies for managing weight and healthy eating and exercise tips Finding balance and relaxation in your life is the final puzzle piece You ll discover the importance of stress management learn various relaxation techniques and find ways to live a fulfilling life without cigarettes This book isn t just a manual it s a source of inspiration and empowerment It includes real life success stories and testimonials showcasing individuals who have successfully overcome addiction You ll learn from their experiences and be motivated by their triumphs But the journey doesn t end with quitting it s about sustaining a smoke free life in the long term This guide addresses the enduring commitment required strategies to prevent relapse and how to bounce back after a slip up Supporting others in their quitting journey is a powerful and rewarding aspect of quitting smoking This book provides insights into how to help friends and

family quit offer emotional support and encourage them to take the easy way to quit Finally the book wraps up with a celebration of your smoke free life You ll explore the joys and benefits of living without cigarettes reflect on your transformation and plan for a healthy and fulfilling future Say goodbye to the smoking dilemma and embrace a smoke free future with *The Easy Way to Quit Smoking The Only Guide You ll Ever Need* Your journey to a healthier happier life begins here

The Quit Smoking Answer J. Smith,2015-01-06 *The Quit Smoking Answer* is structured in such a way that all readers follow a process of cold turkey cessation through a step by step system to become nicotine free The system shared is quick easy and proven regardless of a person s dependency on nicotine If you have ever thought wouldn t it be nice to quit smoking than you ve set the mood and you re ready to begin It s easier to quit nicotine than you think JW Smith a smoker for 40 years wrote this book after ending his vicious cycle of numerous failed attempts to quit His system for nicotine cessation evolved over a subsequent six week period of preparation to quit He shares his story about a conversation with his nine year old granddaughter that finally set the wheels in motion to find a better way one that works JW researched smoking cessation methods and used his own experience to forge a new path This book may very well be destined to be in a category by itself in the nicotine cessation world of recommendations and advice Why Because it works JW makes the case that smoking cessation is not an event but rather a process His book will teach you the key cognitive techniques he used to end both the physical and psychological addictions to nicotine It debunks myths about nicotine replacement therapy products and instead lays out a natural progression of steps for becoming a nonsmoker The premise of the book is based on this famous quote When you change the way you look at things the things you look at change In the beginning of the book it is recommended to establish an environment and path of least resistance Less resistance to quit is the first key step to becoming nicotine free It is recommended that readers continue the use tobacco products including e cigarettes while reading the book over a two or three day period of time helping again to establish less resistance to quit He additionally recommends as a first step that you tell no one of your desire to quit preventing anyone including yourself of sabotaging your intention As you apply the techniques and methods written about it becomes a natural procession leading up to your very last cigarette or use of chewing tobacco A transformation of your thinking takes place and ending your addiction will seem like an almost non event as something just happens to you as you read this book You will be physically and mentally prepared to end your addiction after reading this one of a kind book Free from nicotine for life and all the great rewards that come with it

The Illustrated Easy Way for Women to Stop Smoking Allen Carr,2007-05-15 READ THIS BOOK NOW AND BECOME A HAPPY NONSMOKER FOR THE REST OF YOUR LIFE The Easyway method is as successful for women as it is for men but many of the issues are perceived differently by women as their questions in Easyway sessions reveal and particular difficulties face women who want to quit the habit In *The Illustrated Easy Way to Women to Stop Smoking* Allen Carr debunks the myths about smoking and shows you the way to beat your addiction This book can enable any woman to escape the nicotine trap

easily and painlessly without putting on weight With the brilliant writing skills and illustrations of Bev Aisbett this handy pocket book is presented here in a truly refreshing accessible dynamic and enjoyable way Allen Carr has helped cure millions of smokers worldwide and he can do the same for you His books have sold over 15 million copies worldwide and read by an estimated 40 million people while countless more have been helped to quit through his network of clinics This phenomenal success has been achieved not through advertising or marketing but through the personal recommendations of the ex smokers who ve quit with the method Allen Carr s Easyway has spread all over the world for one reason alone BECAUSE IT WORKS What women say about Allen Carr s Easyway method If you want to quit it s called the Easyway to Stop Smoking I m so glad I stopped Ellen De Generes Allen Carr s Easy Way to Stop Smoking Program achieved for me a thing that I thought was not possible to give up a thirty year smoking habit literally overnight It was nothing short of a miracle Anjelica Huston It s the only method that works Thank you Ruby Wax *Stop Smoking Today* Emily Keen,2019-12-03 Who knew that smoking cigarettes was going to take over so much of your life Now here you are ready to act on your decision to quit smoking Even though you really want to quit it s going to be much harder to stop than it was to start Not everyone in your life understands what you re facing There are those people who say Be strong and just do it You re trying to smile while thinking If only it was that easy Then there are those people who flaunt the latest medical horror stories about disease and smoking hoping that will convince you to quit smoking What your well meaning friends and family are missing is that you already have the desire to quit smoking Congratulate yourself because that places you halfway to your goal That last half is going to be difficult and frustrating and time consuming So when the helpful people ask whether or not you ve quit yet you say Yes I m becoming a non smoker That s better than saying I m trying to quit To say try about anything is like having your fingers crossed just in case it doesn t work out That s why you need to have your words fairly reinforce your efforts Together we will cover everything you need to know about Smoking Cessation and how to kick that Tobacco craving to the curve Why you should quit smoking The best time to quit Health benefits Naughty Nicotine and Why it Won t Let You Quit Smoking Facing Your Psychological Addiction Oh no withdrawals and how to cope with it Gum Patches Prescriptions and More Going Cold Turkey Pregnant and smoking Success is within your reach and the only thing stopping you from quitting smoking is YOU Will you go for it **Quitting Smoking For Dummies** David Brizer, M.D.,2011-05-04 The decision to quit smoking is far from a casual one Quitting smoking involves your complete commitment it must become your number one priority Mustering all the support you can get you need to decide to turn up the flame on your survival instincts your belief in a healthy future and your will power and faith that you can and will quit The sooner you stop smoking the better your chances of avoiding some of the unwelcome consequences of smoking Your body and brain begin to recover almost immediately Cigarette cravings aside your body wants to stop smoking and the moment you cut loose the smokes your respiratory system begins to clear itself out Here are just a few of the benefits you can reap from kicking the habit A longer life with a lower risk of cancer and other deadly

diseases No more sore throats congested lungs and persistent cough The ability to exercise and get back into shape Kissable breath and clothes that don't smell like you just came home from a bar Being able to really taste good food Pleasing your family and friends and no more being the outcast Like all smokers you've probably tried to quit a half dozen times only to relapse Perhaps you'd given up all hope of being able to quit but now you're getting pressure from others such as family members to end your smoking career completely But how do you take those first steps And how do you follow through with your commitment to quit smoking Quitting Smoking For Dummies can help Quitting Smoking For Dummies takes a total approach to help you quit smoking short of yanking the cigarettes from your hands It gives you the cold hard truth about why you're addicted and how smoking harms your body and it helps you develop a plan for finally quitting Here's just a sampling of the topics you'll find covered Understanding the various forms of tobacco and their effects Figuring out why you're addicted Analyzing the health risks of smoking Developing a strategy to quit smoking Exploring nicotine replacement therapies Staying clean Avoiding the relapse Getting help from support groups and programs Special considerations for pregnancy and teen smoking So the question to ask yourself is Why wait to quit You're going to have to eventually why not start now With Quitting Smoking For Dummies you can start your recovery today and look forward to a long and healthy life

Quit Smart Leader Manual Robert H. Shipley, 1998-02-01 *The Easy Way to Stop Smoking* Allen Carr, 1985-05-16 If you follow my instructions you will be a happy non smoker for the rest of your life That's a strong claim from Allen Carr but as the world's leading quit smoking expert Allen was right to boast This classic guide to the world's most successful stop smoking method is all you need to give up smoking You can even smoke while you read There are no scare tactics you will not gain weight and stopping will not feel like deprivation If you want to kick the habit then go for it Allen Carr has helped millions of people become happy non smokers His unique method removes your psychological dependence on cigarettes and literally sets you free Praise for Allen Carr's Easyway I would be happy to give a medical endorsement of the method to anyone Dr PM Bray MB CH b MRCGP Allen Carr explodes the myth that giving up smoking is difficult The Times A different approach A stunning success The Sun The Allen Carr method is totally unique GQ Magazine His method is absolutely unique removing the dependence on cigarettes while you are actually smoking Richard Branson I found it not only easy but unbelievably enjoyable to stay stopped Sir Anthony Hopkins *Easy Way to Quit Smoking - How to Quit Smoking Guide for Smokers* David Walters, 2017-04-02 Quit Smoking Naturally Enjoy a Better Life Today on get this 1 Amazon.com bestseller for just 17.90 Regular priced at 29.90 You're reading this because you're worried about your health and realize you need to stop smoking and benefit from a better healthy life But I'm also assuming that you've probably tried to quit more than once maybe trying different methods but something keeps dragging you back to them You get bad tempered and depressed when you try to quit You just enjoy smoking too much It relaxes you helps you focus You just can't help yourself after a couple of drinks Now's just not the right time Sound familiar What if I told you That the methods you'd been using to quit were actually

making it harder not easier That quitting smoking doesn't have to be difficult at all That you could stop today and wake up tomorrow without any anxiety stress or terrible cravings Imagine if you could easily use the same method that allowed me a heavy smoker for more than 14 years to permanently quit overnight Wouldn't that be wonderful Well guess what you can In fact ANYONE can do it What is Easy Way To Quit Smoking Unlike other guides Easy Way To Quit Smoking is not going to try to scare you into stopping smoking by telling you that if you don't stop you will die younger or that you are much more likely to get cancer or some other smoking related disease Let's face it you already know all that scary health stuff and you are still a smoker Scare tactics simply don't work Another thing this book won't be asking you to do is to reduce your smoking over a period of time with a view to eventually stopping altogether This tactic is common but usually ineffective Reducing nicotine intake slowly still keeps your body supplied with at least some nicotine right up to the point where you stop smoking altogether and your withdrawal symptoms begin This process is ineffective when you consider that at the end of your cutting down period you are still going to be plunged headlong into the difficulty of dealing with withdrawal Why bother You can start dealing with being a non smoker as soon as you finish this book without having to torture yourself for weeks beforehand Your newly acquired skills and knowledge really will give you the edge that you need to stop smoking without too much difficulty and will allow you to start your new life as a non smoker immediately Although the cutting down method may work for a few people experience has shown that the most effective method of stopping smoking is to simply stop then deal with any issues that may arise The method of stopping smoking discussed in this book is undoubtedly effective It is also realistic It doesn't promise you a totally pain free ride It does though teach you how to effectively manage the discomfort of withdrawal You have I'm sure heard talk of the easy way to stop smoking wishful thinking I'm afraid If stopping smoking was easy then surely just about everyone who smokes would have already stopped The method discussed in this book works because it recognizes the fact that you are addicted to nicotine and therefore your solution must lie in dealing with the physical and psychological problems that nicotine addiction presents This addiction denial centered approach really does work and it will work for you providing that you take all the lessons to heart and follow all instructions to the letter If you are prepared to do this then you will gain something that you really want you will become a non smoker Please let me state that I want to make sure you quit smoking for good and I will do everything I can to help you do that Right now you are minutes away to enjoy a better life with higher quality Take advantage of this offer and discover the proven methods to quit s [Complete Guide to Quitting Smoking](#) Dr. W. Ness, 2024-11-04 Quitting smoking is one of the most challenging but rewarding journeys you can embark on It's a journey that requires courage determination and a solid understanding of what lies ahead Whether you are quitting for yourself your family or your future the decision to stop smoking is a powerful step toward better health and a longer life This book is designed to guide you through the quitting process with practical advice strategies and insights that have helped millions of people break free from the grip of nicotine addiction We understand that quitting smoking is not just

about saying no to cigarettes it's about saying yes to a new way of living a way that prioritizes your well being your happiness and your future In these chapters you'll learn about the science behind nicotine addiction the health benefits of quitting and the many strategies that can help you on your journey We will explore the emotional and psychological aspects of smoking including understanding your triggers and managing cravings and offer guidance on how to create a strong support system We will also discuss the different methods available for quitting from going cold turkey to using nicotine replacement therapies and provide tips on how to cope with withdrawal symptoms and stress Quitting smoking is more than just a physical challenge it's a psychological one as well You'll need to change the way you think about smoking and develop new habits that can replace the old ones This book will help you navigate these changes offering practical advice on how to manage stress deal with cravings and avoid relapse We will also talk about the importance of setting realistic goals and tracking your progress Quitting smoking is a journey and like any journey it's important to celebrate your milestones along the way Whether it's your first day smoke free or your first year each step forward is a victory that brings you closer to a healthier smoke free life Remember quitting smoking is not about perfection it's about progress There may be setbacks along the way but with the right tools and mindset you can overcome them This book is here to provide you with the support and information you need to succeed As you embark on this journey know that you are not alone Millions of people have successfully quit smoking and you can too The benefits of quitting are immediate and long lasting From the moment you stop smoking your body begins to heal Your risk of heart disease cancer and other smoking related illnesses will decrease and your overall quality of life will improve The decision to quit smoking is one of the best decisions you can make for your health and your future This book is your companion on that journey offering guidance support and encouragement every step of the way We hope that the information and strategies provided in these pages will empower you to take control of your health and your life Quitting smoking is not easy but it is possible With the right mindset tools and support you can break free from nicotine addiction and enjoy a healthier happier future

The 15-Minute Guide to Quit Smoking Ben

Armstrong, 2018-11-12 This indispensable quit smoking guide Allows you to find and read only what's relevant to you in 15 minutes or less Simplifies quitting smoking Is quick and easy to read and understand to make quitting smoking quicker and easier Doesn't rely on a one size fits all type of advice approach Takes into account how different people have different needs And how some will find it harder to quit smoking than others Gets to the point Answers common questions with straight answers and without repetition unless necessary Explains methods refined from trial and error that are useful effective simple and honest which can work for heavy and long term smokers Methods you can prove work for yourself Details how to change your mindset and habits towards smoking And how to deal with smoking triggers in challenging situations Details how to start and stick with the quitting process without relying on motivation and willpower Makes an effort to understand you in relation to the quitting process Not judge patronize or mislead you

Quit Smart Stop Smoking Kit Robert H.

Shipley,Jed Rose,1993-09-01

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Quit Smart Stop Smoking Guide With The Quitsmart System Its Easier Than You Introduction

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