

# Gearing Up to QUIT SMOKING

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Who knew that smoking 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.

How long will it take to quit smoking? That can vary depending on many factors. Just because one person was able to quit earlier than you do, don't let that get you down. Every day you make the effort to quit smoking is one day closer to your goal, no matter how long or short that timeframe is.

***For Once...It's Good to Be a Quitter!***

Did you grow up with the firm belief that once you start something, you don't quit? Smoking breaks that rule in a good way. When you quit smoking, you'll be applauded for being a quitter.

Not only that, but you get immediate benefits! Consider these rewards for quitting: 20 minutes after you stop smoking, your heart rate slows down to a calm, steady beat, lowering your blood pressure.

Eight to twelve hours later, the dangerous carbon monoxide that smoking causes in your blood has now dropped to a normal level. Carbon monoxide causes flu-like symptoms – from everyday fatigue to headaches, sleepiness, and nausea.

Two days later, your heart attack risk is lower and continues to decline over the next three months. You'll suddenly notice you don't need as much salt (thanks to a return in the sensitivity of your taste buds) – and the air smells fresh (now that your sense of smell has returned). Three days later you might feel like going for a jog – because your energy is going to skyrocket.

After the first month, you have fewer instances of that annoying, hacking smoker's cough because your bronchial tubes are on the mend. Whenever your bronchial tubes are irritated, they produce excess mucus, so eliminate the cigarettes, and you say goodbye to the need to clear your throat constantly.

A few months later, you'll be taking the stairs without gasping for a breath. When you move more, your circulation will benefit more because the cigarettes haven't constricted your blood vessels. Just one cigarette reduces the blood flow throughout your body for an hour.

The health improvements continue long after you quit smoking. Your gift at the first anniversary of quitting is that your risk of coronary heart disease becomes half that of what you risked as a smoker.

Make it to your fifth year smoke-free and your risk of stroke is the same as a non-smoker. That's really amazing! In ten years, your lungs

become stronger and your chances of dying from lung cancer are only half as great as if you continued to smoke.

Here's another benefit - you'll keep aging signs at bay. The mouth suction that you use to puff on the cigarette is terrible for producing or deepening wrinkles. When you stop smoking, you give those facial muscles a well-deserved rest.

Other risks decrease when you end your smoking habits. Here are a few more to consider:

- Cancer
- Cardiovascular Disease
- Impotence
- Infertility
- Macular Degeneration
- Periodontal Disease
- Ulcers

All of these health woes put a drain on the healthcare system. Aside from the fact that smokers take more sick days than non-smokers, resulting in a loss of productivity, smoking is considered the leading preventable cause of death in the United States.

Read this section again and think about how much you'll improve your health every day that you choose not to be a smoker. This doesn't even include the way it affects your loved ones – either through secondhand smoke or just because they want you to stick around for a long time.

### ***What You Can Expect During Withdrawal***

As much as you have to look forward to when you stop smoking, the road to success is filled with potholes, bumps and blocks. Without

diminishing your enthusiasm for quitting, you have to be realistic that this isn't an easy process for anyone.

First, you have to go through withdrawal, which is perhaps the worst part of your journey to becoming smoke-free. Over the years that you smoked, your body chemistry adjusted to the nicotine input.

Your system is literally addicted to the nicotine and won't give it up without a fight. That's where your commitment comes in handy. Withdrawal is both a physical *and* emotional process.

Your body has to re-adjust to the reduced nicotine levels and you're going to notice the signs it gives as it tries to talk you into meeting the usual demand. At the same time, you have to make an emotional adjustment so that you don't rely on smoking as a coping mechanism.

The most common withdrawal symptoms that you can experience when you stop smoking include irritability, anxiety, headaches, inability to concentrate, increased hunger and of course – an overwhelming craving for nicotine.

If you ever tried to quit by changing from *regular* to reduced nicotine cigarettes, you may have felt some of these withdrawal symptoms. You need to keep in mind that to stop smoking is to battle your body to regain control over what nicotine has captured from you.

As the smoke gets inhaled, nicotine rushes to the lungs, where it's rapidly absorbed. From there, nicotine goes to the heart, liver, spleen and brain. Nicotine is so invasive that it's easily detected in breast milk and even in the umbilical cord blood of a newborn.

That's why smoking while pregnant is so dangerous to the health of an unborn child. Nicotine is tough for the body to get rid of. Even after you stop smoking, it stays in your body for up to three days.

With each cigarette you smoked, your body built up a higher tolerance for this toxic substance. Brain-based studies show that smoking increases as the smoker tries to get the same level of satisfaction.

That's because nicotine stimulated the mesolimbic system, which is what kicks up intense cravings. Over time, it takes more and more nicotine for the brain to signal the same pleasure reaction.

But at the same time, the lungs, heart and liver are getting slammed with the harmful impact of nicotine. As with any lifestyle change, the first few days are going to be hard, so don't start this on Monday morning when you have a busy week at work or school to contend with.

If possible, take a day off on Friday and start that morning. Then you have three uninterrupted days to be obnoxious with fewer people subjected to it (yes, you may be a bit grumpy during this time).

Also, you can clear the smoking stuff (ashtrays, lighters, cigarettes) out of the house and not be around the same smoking cues that you'll have at work or in a social setting.

The early days of withdrawal aren't easy - on you or on those around you. Make sure you talk to those you love and let them know what you're doing so that they can provide a support system when you need to vent.

### ***Gum, Patches, Prescriptions and More***

After years of smoking, you have to gradually get your body back to full operating potential without nicotine overload. That's why your withdrawal will be eased somewhat using some of the popular options such as gum, patches or prescription medications to help your body reduce its nicotine dependence.

Going "cold turkey" is another option, but some say it's rarely successful and can be harmful to your body. However, others have found it's the only way to go, so we'll discuss *all* of your options here and let you do the choosing!

As a smoker, you're used to the oral gratification smoking delivers, so it makes sense that you miss that stimulation. Nicotine gum gives your

mouth something to do in place of smoking and provides just enough nicotine to help your withdrawal symptoms.

Nicotine gum is available in various strengths - from one to four milligrams. You'll start with the higher strength of nicotine, and then decrease the potency until you no longer need it.

At that point, just buy ordinary sugarless gum and you can enjoy the chewing without the nicotine. If chewing gum isn't appealing to you, consider using the nicotine patch.

It's so easy to use - just put the patch on your upper arm in the morning while you're getting dressed. That's all you have to do to be covered for the full day. The patch is designed to slowly release just the right amount of nicotine through your skin and into your bloodstream as you go about your daily activities.

As a result, the patch can be more consistent in managing the nicotine levels than chewing gum. As with the gum, you start with a higher nicotine patch and then reduce the amount needed to get you through the day.

The nicotine patch is also effective in helping people who are trying to stop using smokeless tobacco, too. While gum and patches are popular for smoking cessation, there are other options as well.

Nicotine nasal spray is available only by prescription. The spray delivers a powerful punch of nicotine rapidly into the bloodstream. Nicotine inhalers give some of the satisfaction of inhaling that's familiar from smoking.

You can also get nicotine in lip balms or lozenges. One option, the nicotine lollipop, isn't available in the United States, since it was banned by the FDA. In choosing a product, think of how you relate to smoking.

Nicotine gums, or lozenges give you a replacement for the oral gratification of smoking, which may further help curb the drive. To

substitute the action of smoking, an inhaler gives the motions that are familiar.

If any of these alternatives are inconvenient for you - or your schedule is erratic and you worry that you might forget to use them, then the nicotine patch is ideal for you because it is the least intrusive, "set and forget" option available.

There are prescription medicines doctors will sometimes provide to you that help curb cravings. Some are potentially harmful, such as the FDA's warning about Chantix, a drug that was once approved as a smoking cessation tool.

After being approved, it was found to possibly pose a connection to suicidal thoughts in those taking the drug. It's also been reported to cause drowsiness and mood changes, so if you're thinking of using this drug, be cautious about its effect on you.

Volunteers are testing a new vaccine where you would quit smoking because the nicotine wouldn't be effective in your body. While only 16% were able to quit smoking, those who couldn't quit completely were able to reduce their habit significantly.

### ***Alternative Approaches to Smoking Cessation***

Maybe you tried the gums or lozenges and didn't have as much success as you hoped you would have. Or you want to get completely away from the oral gratification approach because it just reminds you of *smoking!*

The alternative methods for smoking cessation can actually be faster than the nicotine replacement therapies. Hypnosis has long been a highly effective method for smoking cessation.

Forget what you see in the movie. Hypnosis isn't some voodoo spell - it's simply supporting your desire by training your subconscious mind to receive stop smoking suggestions.

The secret of hypnosis is that no one can make you do anything you don't want to do. But if you really *do* want to stop smoking, hypnosis works for many people in just one or two sessions.

Once the subconscious mind is freed from a false belief that smoking is necessary to reduce stress, as an integral part of socializing or for a pleasurable nicotine rush, then it's much easier for the subconscious mind to support the conscious goal to stop smoking.

Acupuncture and acupressure are usually associated with medical conditions – particularly, pain management. These therapies are also very useful for smoking cessation.

Acupuncture originated from Chinese medicine and has been used for over 3,000 years. It works by balancing the “chi” or *energy* within the body. The tiny needles used aren't painful, yet they act to reduce the body's craving for nicotine.

For some people, the desire to smoke disappears in a few days after the first treatment. Acupressure is similar as far as seeking to re-balance the body - only it's done with massage-like pressure rather than needles.

Laser therapy blends the high technology of lasers with the centuries-old techniques of acupuncture. In place of the acupuncture needles, a low-power laser beam is used.

Just as acupuncturists target the earlobes as a significant pressure point to curb cravings, the laser pulse is also aimed at the earlobes. There's no pain or burning. It feels warm, like sitting under a light bulb.

After treatment, you feel relaxed and refreshed. What actually happens is a release of endorphins - the body's *feel good* hormone - which creates a sense of well-being that's more satisfying than nicotine.

Hypnosis, acupuncture, acupressure and laser therapies may seem to be more expensive than gums or patches, but you have to weigh the benefits against the costs.

If you can stop smoking in one or two sessions of these treatments, even if you pay \$50 to \$100 each, then you can be financially ahead compared to the price of keeping your cigarette habit alive.

Using gum, inhalers or patches costs less per purchase, but if you use them daily for months, then you're likely spending more money in the end. Plus, you're prolonging the withdrawal process, which is frustrating and gives you more chances to relapse.

Hypnosis is so effective that many hospitals and medical centers sponsor Smoking Cessation with Hypnosis programs. Acupuncture and acupressure are still more *eastern* medicine than *western* medicine, but are readily available from competent practitioners.

Laser therapy for smoking cessation is the new kid on the block. You need to look around for a physician, medical-spa or stop smoking clinic that offers this therapy. Lasers may seem a bit like Star Wars technology, but they're wonderful tools for healing.

### ***Herbal Remedies to Kill the Crave***

When you decide to stop smoking, you may want to avoid using yet another harmful substance, like a nicotine replacement, to help you. After all – you've abused your heart, lungs, brain and liver for years with smoking, so now it's time to get natural.

The best way to do this is to look at herbal remedies that take the edge off of your cravings with something that's all-natural and safe.

One herbal element that seems to be used in many parts of the world to curb the desire for smoking is to chew on licorice sticks.

This may have started in the West Indies, where people also chewed sugar cane. Using licorice sticks is also a good substitute for the oral gratification of having something in your mouth.

Another way to curb interest in smoking is with an aversion approach. When the urge hits, dip the tip of your tongue in salt. Aversion

therapy is when you learn to associate the habit of smoking with something unpleasant.

Salt is one way to do it, but there are other aversion therapies you can use, such as popping a rubber band on your wrist whenever you get the urge to take a puff. The minor pain inflicted will help your subconscious link smoking to something unpleasant.

A combination of Fenugreek and Thyme, an age-old remedy for respiratory ailments, is also useful to reduce interest in smoking. Since smokers have respiratory problems from the irritation of their bronchial tubes, this can be a powerful double benefit.

Improving your diet is good for the body and great for smoking cessation. Eat foods that are highly alkaline - such as spinach, beets, greens, lima beans, raisins and figs. You also need to reduce or eliminate refined sugar, white flour, commercial baked goods and refined foods.

That's good advice for improving health even *after* you quit smoking! A popular herbal remedy in China is to grate a fresh radish and mix that with two teaspoons of honey in small amount of water and drink the mixture.

A Japanese study found that certain smells reduce the urge to smoke - particularly peppermint, cypress and lemon. You can find these in sprays or buy small vials of essential oils and keep them at your desk or in your pocket or purse. If you feel the urge to smoke, take out the essential oil and get a good sniff to curb your cravings.

Vitamin C takes a beating trying to combat the free radicals in your body that are caused by smoking. Even people exposed to secondhand smoke have serious depletion of Vitamin C.

As you quit smoking, add more Vitamin C - at least 95 milligrams a day for women and 110 milligrams for men. Don't just depend on a vitamin capsule, either. The best Vitamin C you can give your body comes from fresh fruits and vegetables.

Aside from oranges, also eat more of these foods:

- Green and red peppers
- Broccoli
- Tomatoes
- Collard greens
- Strawberries
- Potatoes

Another pleasant way to curb smoking sensations is with a steamy hot cup of herbal tea. Your best choices are raspberry, blueberry, persimmon and sassafras teas. An old-fashioned herbal tea used for smokers, called lobelia, may work well - but can become as addictive for some people as the cigarettes they're trying to eliminate.

**Note:** If you're taking any medications, discuss these alternative therapies with your doctor. Depending on strength and type, some herbal teas don't mix well with prescription drugs.

### ***How Hard Is It to Go Cold Turkey?***

When people say *cold turkey*, they mean you throw away the last cigarette and just stop - without any support or nicotine replacement. That sounds like a good idea, but it might be a bit simplistic to overlook the nicotine addiction and its physical and emotional hold on your body.

Does it work? Yes, for some people, it does. Before you try it, you might want to ask a cold turkey survivor what it was like. You can bet it was a painful experience - both physically and emotionally.

You might be surprised to know that the cold turkey is the most common method tried and tried again, because it tends to have a low success rate on a long-term scale. If you're a determined person who

doesn't want to spend the time or money on nicotine replacement therapies, you may want to choose this drastic approach.

Some people fear that they'll get hooked on the nicotine replacements and just trade one expensive addiction for another. Other people want to get the withdrawal period over as quick as possible and would rather tough it out for a week than to take longer.

The worst withdrawal symptoms are usually over in the first week. After that time, the positive impact of the nicotine leaving your system is noticeable. If you can hold out for a month, you'll know what it's like to be virtually free of the hold nicotine has over you.

Researchers found that the typical cigarette craving lasts about five minutes. Granted, it's an intense five minutes - but if you can hold out until it passes or find a way to distract yourself, then you can get past those cravings without nicotine replacements.

You can also choose to be part of a major event like the American Cancer Society's Great American Smoke-Out. And you don't have to wait for the actual event. The American Cancer Society has a Smoke-Out plan that you can use to start anytime here:

<http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>.

Going cold turkey may be one of those times when being stubborn can work well for you. Just understanding and preparing for what you're going to feel will help you get through this phase of smoking cessation.

Drinking water, exercising, and reaching out to a friend for support are other ways to help make the cold turkey process go smoother. You can also practice some deep breathing exercising so that you learn how to hold steady through the most intense cravings you feel at this time.

When you commit, you accept the reality that smoking is an addiction and you're ready to be free. Your desire to break nicotine's hold over your life is what's going to make it possible to go cold turkey and win.

## ***Get Endorphins from Another Source***

There's no finer contentment than what the body provides naturally with endorphins. For years as a smoker, you turned to nicotine as one of your primary sources of pleasure.

Now you want to eliminate smoking, so you have to find another way for your body and brain to experience pleasure. Even if you successfully went cold turkey from smoking, you never want to be deprived of endorphins.

As a smoker, your lungs were compromised - and so was your heart rate. You were out of breath if you had to climb a flight of stairs. Exercise for you was driving to the convenience store to buy more cigarettes.

Needless to say, this didn't do anything good for your body. Now that your lungs are enjoying smoke-free living, you can actually find out some wonderful new ways to get those endorphins to kick in.

It's all about movement - running, walking, bicycling, swimming and playing in the park with your children. Your body is better able to do more physical activity once you're smoke-free and you get the added benefit of improved fitness.

A huge fear is that smoking cessation causes weight gain. That's not completely true. Nicotine does speed up your system - and you might have spent more time going out to smoke than enjoying a healthy lunch, so you maintained your weight more easily.

Also, nicotine blunts your tastebuds, so when you're smoke-free, you may find that food tastes better - and you want to eat more! The easy way to balance this equation is to speed up your metabolism the natural way - through regular exercise.

Even before you're totally smoke-free, add in some light exercise like walking, swimming or yoga. Exercise is a natural stress reliever, mood lifter and confidence builder.

When you get a craving that's really haunting you, tell yourself that you're going to take a ten-minute walk (around the block or around the office building) and afterward, you'll decide if you want to smoke.

More likely than not, the endorphins that release during *even a short* period of exercise will overtake that craving. Building up your exercise regimen as you cease smoking also does a lot to get your body in shape after years of damage from smoking.

Regular, moderate exercise strengthens your heart and clears your lungs. As for the brain, movement sends more oxygen to it - so after exercise, you're more alert and attentive and your brain functions at a higher level of efficiency.

If you aren't sure how to begin a regular exercise program, consider hiring a personal trainer for just a few sessions to evaluate your fitness and to recommend an exercise plan.

Before you balk at paying the trainer's hourly rate, do the math on what you use each month to spend on cigarettes. The money that went up in smoke every week can easily be spent on a personal trainer - with some left over to buy fine workout wear or a day at the spa as a reward!

### ***Forming New Habits to Replace the Old***

Smoking took up a lot of time in your life. Smoking is an addiction, but it's also a habit. As you stop smoking, you begin to notice how much of your life was arranged around smoking.

Let's not even mention how much money you spent on this habit - *yet*. While you're in the process of smoking cessation - and even after you're smoke-free - you have to find new, healthy habits to replace the smoking habit.

If you just quit smoking without forming new (positive) habits, you'll be back to smoking in no time. Start with a piece of lined paper, folded in half. On the left half, write the hours of the day that you are awake.

If you get up at 7 A.M., then the first line is 7 A.M. and on down to your usual bedtime, say 11 P.M. On every other line, list an hour from 7 A.M. until 11 P.M. (or whatever your daily schedule is).

Mentally review your day by the hour. Make a note of every hour that you typically smoked. Did you take smoke breaks during work hours? Did you smoke at lunch or dinner? Did you smoke while driving?

Next, take the right half of the folded paper. Write the places that you were whenever you smoked. Be precise. If you took a smoke break at 10 A.M., were you outside the office building or in your car?

This simple exercise will show you the places and times that you need to replace smoking with another activity. You also have to remove the signs and smells of smoking because these can be powerful cues to lure you back into old habits.

Get the carpets, drapes and furniture steam cleaned. Wash any other curtains, bed linens or pillow covers. If you can't get the smoke smell out, throw it away. Wash or clean every garment in your closet and drawers.

Have your car fully cleaned - including the upholstery and carpets. Take the ashtray and cigarette lighter out of your car and throw them away. If you spend a lot of time in the car, you want to keep a supply of sugarless gum and sugar-free candy for when cravings hit.

If you usually smoked while watching television, take up a hobby to occupy your hands. You can learn to knit, sew, bead, whittle wood or just fidget with a wad of clay. Learning a new skill also gives you a feeling of accomplishment as well as enjoyment while relaxing at home.

Smoking was probably the go-to stress reliever of choice for you, which is why you probably avoided quitting before now. You need another stress-management option, such as deep breathing, progressive relaxation of the muscles from head to toe or stretching.

If you have time, take a walk or do yoga. Exercise is a natural stress reliever - far better than smoking. Every time you replace the smoking habit with a new behavior or activity, you reinforce your desire to live a smoke-free life.

It takes some thought in the beginning, but in about 21 days, you can break old, harmful habits and choose new, healthy smoke-free habits that you can really live with (and so can those who are around you)!

### ***Rewarding Your Smoking Cessation Success***

To stop smoking is a huge accomplishment. It's not only your deliverance from horrific health hazards, but it's also your declaration of independence from an expensive addiction.

That's worth celebrating.

You deserve a reward for your efforts. Whether you toughed it out cold turkey, chewed endless pieces of nicotine gum or chose the faster way with hypnosis or acupuncture, you did it!

You are now smoke-free. Every day your body is becoming more and more like that of a non-smoker as years of damage is being reversed.

Have you noticed more money left over from each paycheck?

That's another tangible benefit from not smoking. How many times did you pick up several cartons of cigarettes and not even bat an eye when the cashier rang up over a hundred dollars' worth?

That money went up in smoke. You have nothing to show for it when it's used up. Here's a great way to treat yourself without spending extra money. Let's say you smoked away at least \$50 a week in cigarettes.

At the end of each week you don't smoke, place that same amount, \$50, in a jar or in a savings account. When the month ends, do something special with that money. Buy new clothes or sports equipment

– something that will make you feel good about yourself and your achievement.

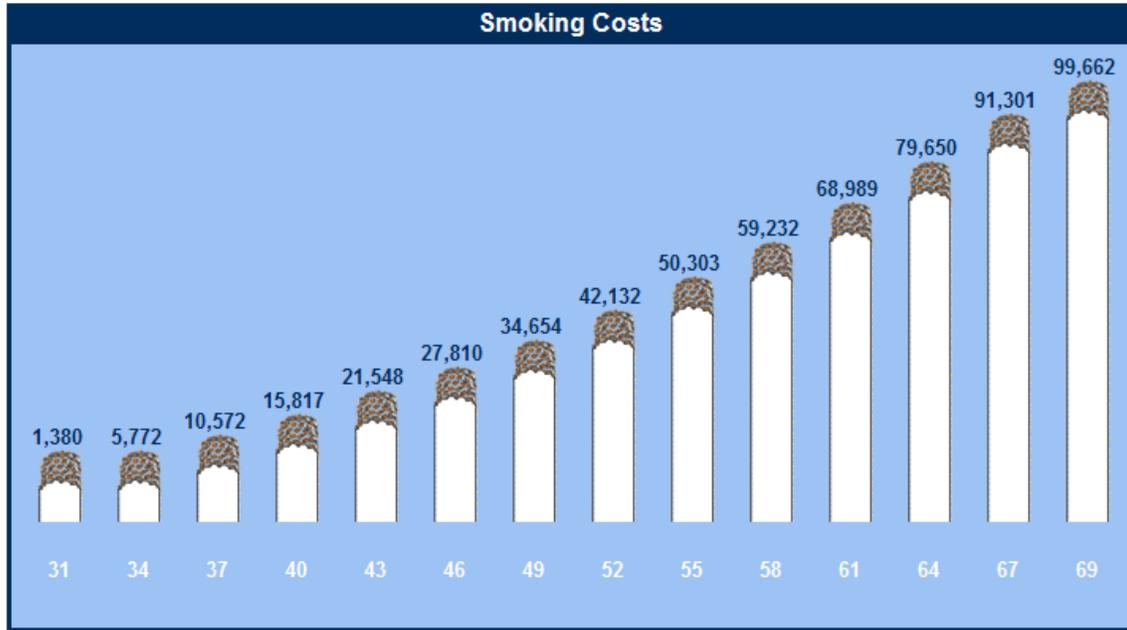
Use it for green fees at the golf course now that you're involved in an active lifestyle. Get a massage or visit a day spa for some pampering. And don't feel one bit guilty about splurging for yourself.

The money that you spent on cigarettes is being put toward a better life now. This money that's now saved and spent to reward you is reinforcing the benefits of your new smoke-free life.

You can also reward yourself by joining a health club for regular exercise. The money you formerly spent on cigarettes might easily pay the monthly fee. This is *more* than a reward, it's an investment in your long-term health.

You'll also meet new friends who already live the healthy lifestyle that you're just beginning to enjoy. Want to calculate the savings over time? Use a Quit Smoking Calculator online to see how much you'll save over the years.

Here's an example that shows how much a 30-year-old will spend who smokes a pack of 20 cigarettes a day starting at a price of \$3.78 per pack:



Cost of package of cigarettes:   
 Number of cigarettes per pack:   
 Cigarettes smoked per day:   
 Rate of inflation:  %  
 Time to smoke one cigarette:  min.  
 How old are you now?



By the time that 30-year-old is 55 years old, they will have spent over \$50,000 on cigarettes! Imagine what luxuries that could bring to your life if the money went into a savings account that accumulated interest instead of up in a puff of smoke.

### Try, Try Again

Noted American humorist, Mark Twain, said, "Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times." Does that sound like you?

Have you tried to stop smoking before - only to go back to it in a moment of weakness? Then the next time you want to quit, you have that

memory of failure, so you're more skeptical of your potential for success each time you fail.

Counselors teach a technique called "reframing." It's like taking an old oil painting out of the worn, scratched frame and placing it inside a beautiful new frame - same picture, new frame.

That's what you need to do in the way you talk to yourself about your goal to stop smoking. Reframe your past experiences like this: "I may have failed the last time, but now I know what obstacles tripped me up and I'm better able to avoid them."

That's how you reframe the situation so that you look at the positive. Or as sales people say, "always fail forward!" The great news is that there are so many methods you can use.

You know one or more ways that did *not* work for you, so this time, use a different method. It doesn't matter what your uncle or best friend did to quit smoking - all that matters is finding what works for you.

And it's not about a timeline, either. As long as you're making progress, it takes as long as it takes. Remember - quitting means quitting, not tapering off. You have to quit smoking in your mind before you quit in a literal sense.

You can't do it to please someone else - you have to do it for yourself. Until you are fully committed to stop smoking, no method on the planet will work for any length of time.

Once you're fully committed to stop smoking, you can be successful with almost any method. The most important element in smoking cessation is YOU. This takes *your* effort, *your* time and *your* dedication.

Give yourself credit for taking on a huge challenge. You might not get it right the first time. You may go for months smoke-free and then face a stressful situation where, without thinking about it, you go back to smoking.

Don't get down on yourself. You succeeded once and you can do it again! Plus, you can better identify the stressor that started this chain reaction so that you can find other ways to handle the stress.

As soon as you recognize the slip, stop and get back to what you already know about smoking cessation. Review your smoking cues and what you've learned in finding alternative healthy habits.

Not only will this put you back into smoke-free mode, but you'll also be better able to handle the stressor that caught you off guard. You aren't a weak person for smoking - or even for relapsing after you quit.

Your sincere desire to stop smoking proves that you're strong and willing to face this addiction so that you can take back control over your health and your life. *You want to do this and you can do this.*

Success is within your reach. Will you go for it?



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