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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

20 Quick Tips to Help You Quit Smoking

By Fred Kelley

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1. Believe in yourself. Believe that you can quit. Think about some of the most difficult things you have done in your life and realize that you have the guts and determination to quit smoking. It's up to you.
2. After reading this list, sit down and write your own list, customized to your personality and way of doing things. Create you own plan for quitting.
3. Write down why you want to quit (the benefits of quitting): live longer, feel better, for your family, save money, smell better, find a mate more easily, etc. You know what's bad about smoking and you know what you'll get by quitting. Put it on paper and read it daily.
4. Ask your family and friends to support your decision to quit. Ask them to be completely supportive and non-judgmental. Let them know ahead of time that you will probably be irritable and even irrational while you withdraw from your smoking habit.
5. Set a quit date. Decide what day you will extinguish your cigarettes forever. Write it down. Plan for it. Prepare your mind for the "first day of the rest of your life". You might even hold a small ceremony when you smoke you last cigarette, or on the morning of the quit date.
6. Talk with your doctor about quitting. Support and guidance from a physician is a proven way to better your chances to quit.

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7. Begin an exercise program. Exercise is simply incompatible with smoking. Exercise relieves stress and helps your body recover from years of damage from cigarettes. If necessary, start slow, with a short walk once or twice per day. Build up to 30 to 40 minutes of rigorous activity, 3 or 4 times per week. Consult your physician before beginning any exercise program.

8. Do some deep breathing each day for 3 to 5 minutes. Breathe in through your nose very slowly, hold the breath for a few seconds, and exhale very slowly through your mouth. Try doing your breathing with your eyes closed and go to step 9.

9. Visualize your way to becoming a non-smoker. While doing your deep breathing in step 8, you can close your eyes and begin to imagine yourself as a non-smoker. See yourself enjoying your exercise in step 7. See yourself turning down a cigarette that someone offers you. See yourself throwing all your cigarettes away, and winning a gold medal for doing so. Develop your own creative visualizations. Visualization works.

10. Cut back on cigarettes gradually (if you cut back gradually, be sure to set a quit date on which you WILL quit). Ways to cut back gradually include: plan how many cigarettes you will smoke each day until your quit date, making the number you smoke smaller each day; buy only one pack at a time; change brands so you don't enjoy smoking as much; give your cigarettes to someone else, so that you have to ask for them each time you want to smoke.

11. Quit smoking "cold turkey". Many smokers find that the only way they can truly quit once and for all is to just quit abruptly without trying to slowly taper off. Find the method that works best for you: gradually quitting or cold turkey. If one way doesn't work do the other.

12. Find another smoker who is trying to quit, and help each other with positive words and by lending an ear when quitting becomes difficult. Visit this [Bulletin Board](#) and this [Chat Room](#) to find a "quit buddy."

13. Have your teeth cleaned. Enjoy the way your teeth look and feel and plan to keep them that way.

14. After you quit, plan to celebrate the milestones in your journey to becoming a non-smoker. After two weeks of being

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smoke-free, see a movie. After a month, go to a fancy restaurant (be sure to sit in the non-smoking section). After three months, go for a long weekend to a favorite get-away. After six months, buy yourself something frivolous. After a year, have a party for yourself. Invite your family and friends to your "birthday" party and celebrate your new chance at a long, healthy life.

15. Drink lots of water. Water is good for you anyway, and most people don't get enough. It will help flush the nicotine and other chemicals out of your body, plus it can help reduce cravings by fulfilling the "oral desires" that you may have.

16. Learn what triggers your desire for a cigarette, such as stress, the end of a meal, arrival at work, entering a bar, etc. Avoid these triggers or if that's impossible, plan alternative ways to deal with the triggers.

17. Find something to hold in your hand and mouth, to replace cigarettes. Consider drinking straws or you might try an artificial cigarette called E-Z Quit found here:
<http://www.quitsmoking.com/ezquit.htm>

18. Write yourself an inspirational song or poem about quitting, cigarettes, and what it means to you to quit. Read it daily.

19. Keep a picture of your family or someone very important to you with you at all times. On a piece of paper, write the words "I'm quitting for myself and for you (or "them")". Tape your written message to the picture. Whenever you have the urge to smoke, look at the picture and read the message.

20. Whenever you have a craving for a cigarette, instead of lighting up, write down your feelings or whatever is on your mind. Keep this "journal" with you at all times.

Good luck in your efforts to quit smoking. It's worth it!

Now, go do it!

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for great information and products designed to help you stop smoking.

Use Free Stop Smoking Techniques To Your Max

By Ashish Jain

You need a budget to continue with your habit of smoking and you need a budget as well to quit smoking. Even if you find that the budget to quit smoking is higher than the one to continue with the habit, the former is the better option.

What if, in between your efforts to quit smoking you come across the program of free stop smoking techniques? Indeed, it is a blessing in disguise. Anything that restricts your budget to quit smoking is most welcome to you.

Many non-profit organizations conduct free quit-smoking programs in a routine manner. These organizations have the good of society at heart. American Cancer Society is one such organization. It has online programs, so that a large number of people all over the world are benefited by them. Their literature is authentic, motivating and contains many a quit-smoking tips. Negative effects of smoking are discussed in detail. They have a 24 hour hotline which means you can speak to them regarding any of your problems any time during the day.

As direct effect of nicotine is on your lungs, the American Heart and Lung Association also provides many free quit smoking sessions. Accomplished and knowledgeable counselors manage the hotline and render all possible help to you in your moments of crisis. You get free tips to quit smoking online. They have a listing of affordable quit smoking products.

With your will power to quit smoking, take the help of a variety of free quit smoking methods. Your cigarette craving is bound to beat the retreat, be sure. Chew a tooth pick, let your hands that introduce you to the cigarette smoking habit and remain busy. The mouth is busy in any case, dealing with the toothpick. In the meantime, continue with some nicotine replacement quit smoking products, so that your mind remains switched off. It doesn't think about smoking!

In your enthusiasm to quit smoking, don't buy all and sundry products, and cheap over the counter products. You need to have a well drawn out strategy and work according to a plan. Free stop smoking help techniques are meant to free you from the addiction. You are not following them simply for the sake of enumeration

Quit smoking cigarettes are another tool. You will have the psychological satisfaction that you are 'smoking'. The smokers are mostly depressed people. Some anti depressant medications are also doing good rounds to help you quit smoking.

The herbal cigarettes, herbal inhalers and acupuncture are some other tools that promise you freedom from smoking habit.

Your enemy nicotine is hiding in a deeply entrenched trench. You have to attack from all fronts to flush him out!

& Stop Smoking Techniques provides

detailed information on stop smoking, how to stop smoking, anti smoking, quit smoking and more.



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