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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**7 Proven Ways to Resist the Urge to Smoke**

**By Arina Nikitina**

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When you decide to stop smoking the most difficult part is to resist the urges. It doesn't matter that each craving lasts only 3–5 minutes. It's still the whole 5 minutes to battle with your willpower! These 7 tips will help you to resist the urge to smoke one urge at a time.

**1. Remind Yourself Why You Quit**

Every time you experience a craving remind yourself why you quit. It's the excellent idea to take a blank index card and list all the reasons why you decided to quit smoking. List as many as you can, the more the better. If necessary, take the second index card. Carry them with you all the time. Every time you feel the urge to smoke take the index card and slowly read all your reasons why you decided to stop. After you finish reading your urge will pass! (If not, read them one more time or come up with more reasons.)

**2. Reward Yourself.**

Make it a habit to reward yourself at the end of each nonsmoking week. Think of something you want (it doesn't have to be something expensive, a nice home made meal or hot bath will work). Take the index card and write down what would you give yourself at the end of the week. When the urge comes take a look at the index card with your reward. Isn't it worth coping for 3 minutes? :)

**3. Be prepared for your urges!**

Get yourself prepared for the urge to smoke in advance. In most cases something triggers the craving (certain feelings, people, or places). You have to know what triggers the urge.

Lets do a really quick exercise. Take a blank piece of paper and divide it into 2 columns. On the one side list your triggers (like "stuck in traffic", "drinking morning coffee", "arguing with colleague"... ) and in

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the second column write down the alternative course of action.

For example, instead of smoking while drinking your morning coffee you could read a newspaper. Instead of smoking after the hot argument with your colleague you can take a walk around a block or write down everything you think about this person, then tear this piece of paper in shreds and throw it away. Don't be lazy, write it down! This exercise really works!

### 4. Call your friend.

This method works great. Call someone who can support you, who can talk with you for a couple of minutes. You can call your nonsmoking friend, or someone who's trying to quit smoking too.

### 5. Distract yourself with a quick task.

Think of a small task you have to do, something what would take you 5–10 minutes. Make a call, send a fax, make yourself a cup of coffee, water the plant in your office. Anything! Your task is to distract yourself until the urge will pass. (Hint: Try to find activity that makes smoking impossible!)

### 6. Drink a Glass of Water.

Take a glass of water and drink it with a straw. First of all having something in your mouth to chew on will help, second it will take you a couple of minutes to drink the whole glass and the urge will pass. Plus, don't forget that you're supposed to drink 8 glasses of water every day!

### 7. Power Tip.

That's the disgusting one, but it often works. Print a small picture of smoker's lungs (you can find one here:

) and put it somewhere in your wallet. I

know the view is not pretty, but something like this can stop you dead on your track from lighting up. Take a look! Really! THIS could be your lungs! You love yourself, and you respect your body. Why harm yourself?

Arina is the owner of

– the website where you can learn how to Quit

Smoking - for life – without patches, pills and gums! Fully guaranteed by one of the most trusted entrepreneurs on the Internet (and a former 39-year smoker who quit by using this very program)!

## Stop Smoking

**By J. Ratliff**

## **Stop Smoking by J. Ratliff**

Stop Smoking for your health.

We all know that smoking is bad for our health. Yet, have we even tried quitting? Maybe you have. Maybe you've tried several times to quit smoking, but failed. I want to introduce you to a new product called

NICOZAN is a product designed to help you stop smoking.

Nicozan contains an ingredient that stop those nicotine cravings. It has no side effects when it interacts with nicotine and it mimics the effects of nicotine in your system. It is non-habit forming which will make it easier for you to quit.

Nicozan helps to cleanse your body of the poisons accumulated through smoking. Nicozan works to clear your lungs and the rest of your body of the residual effects of smoking. You will feel healthier, food will taste better, the air you breathe will seem purer, and best of all, your sex life will be better.

Nicozan will help with the weight gain that is usually associated with quitting smoking. This product contains a proven method of weight control used effectively by thousands of people. It does not contain ingredients which will make you feel jittery; instead it simply gives you a feeling of being full before meals. You will not eat as much but still feel satisfied.

Nicozan helps you stay smoke free. The product contains everything you need to stay smoke free for 90 days. By that time you will feel so much better and most people will report that there is no urge to smoke at all.

or go to [www.nicozan.us](http://www.nicozan.us) for details.

J. Ratliff is an avid article writer, writing content for multiple websites. he also has an affiliate website at

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