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Impair Healthy Healing In People Over The Age Of 30!

Cigarette Cessation And Smoker

By Ashish Jain

The wise saying goes, "Don't strike. If you strike, strike so hard, that there is no need to strike

again." To add something more, "You may have an hour to suffer. But you have a lifetime to live, live with the ideals which you cherish!"

Here, your cherished ideal is cigarette cessation. This three inch cylinder weighing about 5 gms has bothered you enough. Now is the time to strike hard. Your hour by hour suffering may be for a month. If you pass this test for one month, you have kicked the habit for ever.

This small word with eight syllables NICOTINE– how powerful it is, how it has pinned you down? How many times you wished to come out of the smelly trench, and how each time you slipped down and fell into the cigarette trench again!

Granted that your cigarette cessation desire is strong and your will power is not so strong. As a stop gap arrangement, you can take recourse to certain cigarette cessation methods. Take NLP for example. NLP means Neuro Linguistic Psychology. This is not a guaranteed method for cigarette cessation, but one of the dependable tools to be of help to a desperate individual like you.

This method alone will not grant you emancipation from the smoking habit. Though, clubbed with other methods, it will definitely produce beneficial results. {mospagebreak}

Your concern and the concern of your close ones in view of your deteriorating health could be another strong reason for cigarette cessation. If cigarette smoking is for enjoyment, should you not live long enough to enjoy that enjoyment? If you are not there, where is your enjoyment? So also, by smoking, you are causing deliberate injury to your health.

But what about your family members, wife and young children who are the victims of your passive smoke? Why should they view your smoke coils? You have no right to cause cancer in them.

Practice the downward spiral method for cigarette cessation. Suppose you are smoking ten cigarettes per day. Make it nine...after a week, make it eight...and after another week seven per day...so on and

so forth!

Prohibitive cost of the tobacco, and the merciless taxation on products like cigarette, is another reason for your cigarette cessation. Just think deeply how much money you have squandered to spoil your health by the cigarette smoke. This deep thinking is likely to awaken you. If you get strong but supportive promptings from your trusted friends and well-meaning relatives, this factor also will have deep impact on your cigarette ideas.

Cigarette cessation and smokers are arch rivals. One of them has to win, by destroying the other. Let the strong contender for the non-smoker category win!

<http://www.stop-smoking-updates.com/quitsmoking/>

& Smoking Cessation provides detailed

information on quit smoking, stop smoking, how to stop smoking, smoking cessation and more.

The truth about Smokers 'Concentration Con'

By Neil Stelling

Smokers make many excuses for not quitting. One of them is the 'concentration con'. How many times have you heard a smoker say, 'I'd like to quit, but it helps me concentrate'. Maybe you've said it yourself ?

In reality, smoking doesn't help concentration from a medical viewpoint. So the idea that smoking helps concentration is just a perception, or an imagined positive reason for not quitting.

It's true that withdrawal symptoms, starting not long after your last cigarette, cause feelings of irritability and restlessness. These feelings started because of cigarettes, and it's strange that another cigarette should be the way to relieve them.

In fact, smoking makes concentration much harder, not easier. Although another cigarette temporarily relieves the symptoms caused by the cigarette in the first place, the cigarette is not the aid to concentration which many smokers wrongly choose to believe.

Truth is, smoking another cigarette will make concentration progressively harder. With any drug, you eventually need more and more of it to produce the same effect. A smoker will never be able to concentrate as well as a non-smoker. The more he smokes, the less relief he'll get from each cigarette.

Let's look at the medical side of the 'concentration con'. Clogged arteries, caused by smoking, starve the brain of oxygen and reduce our ability to concentrate. Carbon monoxide, produced by cigarettes, is well-known as a poison... not an aid to concentration.

The 'concentration con' is an example of the psychological addiction that makes a cigarette slave of so

many people.

Among the many reasons Smokers use to justify their habit, the 'concentration con' stands up to the least scrutiny. But it must be exposed as a con. Once it's exposed, then it's no longer a threat. Once the smoker is shown proof of the 'concentration con', and once he believes that proof, then this self-fulfilling belief disappears for ever.

This article has shown that lack of concentration is actually caused by smoking in the first place, and can be only temporarily relieved by another cigarette. One of the greatest benefits of quitting smoking is a return to a clear head, and the ability to properly concentrate again. Once you see the 'concentration con' for what it really is, you're much closer to finally quitting smoking.

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<http://www.QuitSmokingWithNLP.com/concen>

Why can some people quit smoking permanently, while others just keep starting again ? Discover the NLP approach to quit smoking once and for all. Click ==>

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