

How To Quit Smoking

Right Now

By

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This little e-book will help you to get started on the road to quit smoking for good right now!

CHERITON SELF HELP

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How To Stop Smoking

There is something that everyone knows. And when I say everyone, I mean EVERYONE. Whether you're a smoker or a non-smoker, you know this fact.

And the fact is this -

It's easy to stop smoking. All you have to do is throw away your cigarettes and never light one up ever again.

But as a smoker you know that although it's physically as easy to do as that, mentally it isn't easy at all.

Smoking is more than just an addiction to cigarettes. It's a way of life. If you're a smoker you see the world as divided into two distinct groups; smokers and non-smokers. And you, sadly, are stuck in the group called 'smokers' whether you like it or not. And if you're reading this, then you probably don't like it at all.

So why is it so difficult to stop smoking? Why does it seem impossible to throw your cigarettes away and not smoke any more?

It's because it's not the cigarettes that are the problem. Physically speaking, it's easy to not buy any cigarettes any more and to never smoke again. But what isn't easy is getting rid of your desire to smoke.

You know that even if you never bought another cigarette for the rest of your life, you'd still want to smoke. You'd wake up every morning dying for a cigarette and by the end of the day, your craving would be extremely hard to bear.

So even though it's easy to stop smoking, it's very difficult to stop WANTING to smoke.

Physically it's easy to stop smoking but mentally you probably feel as though you'll never stop wanting to. So do you go from being a regular smoker to being someone who doesn't want to smoke?

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In The Beginning

When you first started smoking (which was probably when you were quite young) you had your own reasons for doing so. You might have been curious, wanted to "fit in" with your peers, wanted to feel like a grown up, wanted to rebel, or maybe it was for an entirely different reason.

Whatever your reasons were for starting to smoke, those reasons no longer apply. You don't have to continue smoking for the same reason that you started, which leaves you with no reason to keep smoking, except that you feel you can't stop.

But you have to remember that you didn't become a heavy/regular smoker overnight. You started by smoking just one cigarette now and again. Then you increased to two cigarettes then three then four, till eventually you were smoking twenty or more a day. And now you don't know how to go from twenty or more cigarettes a day to zero.

There are many people that will try and tell you that you are addicted to nicotine and that all you need to do is stick on a nicotine patch or chew some nicotine gum and it will take away your craving and so you'll be able to stop smoking.

But the nicotine is only a very small part of the problem. What you really want is to light up a cigarette, inhale the smoke and feel the wonderful sensation of it going over your tongue and down your throat. You want to feel it and taste it and no amount of patches, gum or anything else can satisfy your desire to physically smoke a cigarette.

Some other people will tell you that all you have to do is cut down on the number of cigarettes you smoke every day until eventually you won't be smoking at all any more. But all this will do is give you a feeling of deprivation and a longing for all the cigarettes you're missing out on.

And when New Year rolls around every year, many people think that if they make a New Year's resolution to stop smoking, they'll magically wake up on the first of January and their desire to smoke will be gone.

Needless to say, every January first is filled with cigarette-deprived and disillusioned smokers who sooner or later light up the cigarette they've been longing for since December 31st.

But I'm sure that any rational person knows that it's impossible to go to bed a smoker and wake up a non-smoker with no desire to ever smoke again.

Trying to give up smoking this way is known as going "cold turkey".

This expression comes from hardened drug addicts who suddenly stop taking drugs.

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They can spend weeks after quitting going through a phase of feeling extremely cold and shivering uncontrollably as the drugs pass out of their body. During this time their skin breaks out all over in goose bumps (also know as turkey flesh); hence the expression "cold turkey".

When you compare this experience to giving up cigarettes, it suddenly seems easy to stop smoking.

So why isn't it?

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Your Dirty Habit

The real reason it's hard to stop smoking is simple.

You don't want to.

No matter how many times you try and tell yourself that you want to stop smoking, you're lying. You don't want to stop smoking at all.

Let me explain...

Smoking is a habit and habits can be hard to break. Smoking can be a particularly difficult habit to break because it's not something you do every month, every week or even every day. It's much worse than that because it's something you do one or two DOZEN times a day - or more!

If you think about it, your whole daily routine revolves around your smoking habit. You discover that you habitually light up a cigarette whenever you do certain things. For example -

- when you wake up
- when you get into the car
- straight after a meal
- when you have a cup of tea/coffee
- during your breaks at work

I once had a neighbour who had an automatic alarm clock/tea maker. Every morning when her alarm went off she'd sit up in bed, pick up her freshly made cup of tea and light up a cigarette. Then there she'd sit for the next ten minutes.

She seemed to love having that first cigarette of the morning more than any other part of the day. She told me that she'd often thought of quitting but couldn't imagine her life without her early morning smoke with a cup of tea.

But it was obvious that the reason she continued to smoke wasn't because of her first cigarette of the day - or any other cigarette. She just didn't want to stop smoking, period.

And it's the same for everyone. The real secret to giving up smoking is that you really have to want to stop.

So often people try to stop smoking using different products, courses, hypnosis, hypnotherapy and anything else that they think will make them stop wanting to smoke.

But there is no "magic pill" that you can take to make the craving go away.

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Pavlov's Dogs

A Russian physiologist named Ivan Pavlov once experimented with dogs. Pavlov rang a bell every time he was about to feed the dogs.

In the beginning the hungry dogs would salivate (drool a lot of saliva from their mouths) whenever they smelled the food. Eventually they associated the sound of the bell so much with the food that they would salivate as soon as they heard the bell.

What was happening to the dogs is called a Conditioned Response which means that their minds were conditioned to make them automatically act in a certain way in response to a sound i.e. they would unconsciously salivate at the sound of the bell ringing.

And this is how smoking affects you too. Whenever you perform a certain activity (waking up, eating a meal, feeling anxious, etc.) you automatically want to smoke a cigarette. That's why you need to break your smoking habit (response) and then you'll no longer want to smoke.

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How To Stop Smoking

So now you know if you want to stop smoking, you really have to WANT to stop and not be simply looking for that elusive "something" that will MAKE you want to stop.

And it's no good thinking that if you find a way to make yourself want to stop smoking, you'll just magically wake up one morning and you won't want to smoke anymore. It's not possible to go to bed a smoker then wake up to find yourself a non-smoker.

The only way to stop smoking for good is to do it gradually. The same way you began. You just need to start slowly and end slowly so that the constant habit of smoking is gone and you no longer want to do it.

This is good news because it means you don't have to stop smoking suddenly.

There have been millions of people who have tried to give up smoking that way. But instead of becoming instant non-smokers, they became smokers with no cigarettes. And the ongoing feeling of deprivation that this caused eventually led them all back to smoking again -sometimes days, weeks, months or even years later.

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YOU CAN BEGIN RIGHT NOW.

So right now I'm going to teach you some small steps you can take to help you on your way to becoming a non-smoker

Obviously the first step is to be in the right frame of mind. As I've said many times already, you have to WANT to stop smoking, and not looking for something that will MAKE you want to stop.

You have to be able to close your eyes and imagine your life without cigarettes.

You have to see for yourself getting up in the morning and having breakfast without a cigarette. You have to see yourself sitting down with a cup of tea\coffee and enjoying your drink without a cigarette in the other hand.

And when you imagine your life cigarette-free it must give you a feeling of happiness. Becoming a non-smoker must be something you're looking forward to.

And when this happens, you know that you really do want to stop smoking.

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What You Must Do Now

So as soon as you're sure that you want to be a non-smoker you can begin to stop smoking right now!

Just remember that what you don't want to do is feel deprived of your cigarettes. If you try and stop smoking simply by cutting down on how many cigarettes you smoke in a day, then you're feeling of being deprived may make you want to smoke even more.

So what you're going to do is make a small adjustment in the way that you smoke.

First of all you're going to delay smoking for fifteen minutes after a meal. or after a cup of tea /coffee, (or your favorite drink). This means that when you've finished eating a meal, you have to wait at least fifteen minutes before you smoke.

And you can no longer have a tea\coffee with a cigarette. Instead you have to drink your coffee\tea on its own then wait fifteen minutes before you have a cigarette.

If you're in a hurry, or at work on a coffee break, and you don't have time to wait fifteen minutes, then smoke your cigarette **FIRST** before the cup touches your lips.

The same applies for drinking alcohol. Smoke your cigarette before you have a drink or wait fifteen minutes after you've finished. But never **EVER** drink and smoke at the same time.

The fifteen minute wait also applies to getting up and going to bed. Don't smoke for at least fifteen minutes after you get up and don't smoke within the last fifteen minutes before you go to bed.

If you're a person who usually smokes in bed, stop doing it. Not only is smoking in bed dangerous, but it's also extremely bad for your health to sleep in a smoke-filled room. Only an idiot would smoke in bed, so from now on your bedroom is a smoke-free zone. And if you watch TV in bed put the TV back in the lounge room where it belongs so you won't be tempted to smoke in bed anymore.

Having a TV in the bedroom can make you restless at night and disturb your sleep. Bedrooms are only for two things; sleeping and making babies. So make sure that anything that isn't for either of those purposes is not in your bedroom.

If your bedroom is too cluttered there's no room to sleep in there. De-clutter your bedroom and leave it as minimally furnished as possible. You'll sleep better in a room that only has a bed and a chest of drawers than in a room with a TV, computer, stereo and books, clothes and magazines strewn all over the place.

Once you get a better nights sleep you'll feel happier and more motivated in everything you do including reaching your goal of becoming a non-smoker. So if

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you've never de-cluttered or minimalized your bedroom before, try it. You'll be amazed at how well it works.

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Relax, Relax

You should also try to be more relaxed in other ways too, because this can also really help you stop smoking. The less stressed or worried you are, the less likely you will be to reach for your cigarettes all the time.

Try listening to a relaxation CD. It's surprising how calm and relaxed you can feel simply by sitting down and listening to 30 minutes of relaxing music or sounds.

Or if you don't have a relaxation CD (or don't want to buy one) try just sitting in 30 minutes of mindfulness every day. Mindfulness means being completely focused in the present, without allowing your thoughts to be dragged back to the past or to start worrying about future events that haven't happened yet.

Mindfulness is used by Buddhists on a daily, and usually constant, basis. They say that keeping your mind completely focused on the present is a great way to stop stress and anxiety.

You just have to be completely aware of who you are, what you can hear, see and smell and be conscious of your own breathing.

Just practicing mindfulness for only a few minutes a day can make a big difference to your stress levels.

But whether you choose to use relaxation CDs or practice mindfulness or not, you must from now on use mindfulness while you smoke.

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Think While You Smoke

What this means in practical terms is that when you smoke a cigarette you must be doing nothing else at the same time. No multi-tasking allowed. Don't eat, read, watch TV, walk, talk or do anything else while you're smoking.

While you smoke you must be doing that and nothing else.

Just look at your cigarette and think of nothing but smoking while you're doing it. Look at your cigarette as you bring it closer to your face and be conscious on the feel of it between your lips. Then as you inhale, feel the smoke as it rushes through your mouth, down your throat and into your lungs. Also be aware of the cigarette still between your fingers and look at your hand as you remove the cigarette from your lips. Notice where you move your hand to and where you rest it.

Then feel the warm sensation of the smoke coming back up your throat and your lips as you exhale.

Keep your focus on every cigarette you smoke from now on and, while you're smoking it, think of nothing else except the enjoyment you're getting from every inhalation and exhalation.

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Timing is Everything

Have you ever noticed that the more often you smoke the less you enjoy it? On days when you smoke more than usual, smoking doesn't seem as enjoyable as on days when you're busy and you smoke less.

So what's the good of smoking more if it makes you enjoy it less? And as well as that, smoking lots of cigarettes is bad for your health AND bad for your wallet.

So another small-yet-mighty step you're going to take is to time your smoking in a more advantageous way.

The best and easiest way to do this is to place a one hour minimum break between cigarettes. This will help to stop you from smoking more than you want to.

It's all too easy to light up a cigarette just because you're bored. And cigarettes were never intended to be entertaining. It's just that it's easier to light up a cigarette rather than think of something you could be doing (or should be doing) instead.

So space out your cigarettes with a minimum one hour gap with no chain smoking allowed.

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The Smoke-Free Home

There's no denying the fact that homes where people smoke smell terrible. Even if you don't notice it in your own house, if you smoke indoors, your house stinks.

I once bought a second-hand book online. It only cost me a couple of dollars for the book and a small amount for the postage.

I eagerly waited for the book (a small paperback) to arrive, but as soon as I opened the packaging I had to hold my nose and take the book outside. It stunk!

The book had obviously come from a house of smokers because the strong smell of stale cigarette smoke hit me straight away. The other people in the room with me also covered their noses.

And even though I took the book straight outside and threw the packaging in the outside garbage bin, the awful smell lingered in the house for nearly half an hour.

Now I'm not a person who complains about the smell if someone lights up a cigarette near me, but I do know that there is always a bad smell in a house if people constantly smoke in there.

My poor little book had to stay outside for five days before the smell subsided enough so that it didn't permeate the whole room it was in. And it was several months before the cigarette smell disappeared from its pages.

So you can take my word for it. If you consistently smoke indoors, your house stinks.

From now on you must declare your home a smoke-free zone and make all smokers, including yourself, go outside if they want to smoke.

This will probably seem hard to do, not to mention annoying, at first, but outdoor smoking is something that you will quickly get used to. So no matter how bad the weather is, all smoking is to be done outdoors (under cover, of course, if it's raining, even if that means under a big umbrella).

And you must also make all buildings a smoke-free zone which means you must not smoke indoors anywhere, even if it's permitted.

Where I live, in Australia, smoking is not only illegal indoors, (in offices, cafes, restaurants, taxis, cinemas, etc) but it's not even permitted within four metres of the entrance of a non-residential building. So it's not unusual to go into the city and see people standing on the curb to smoke to make sure they're four metres from the door of the building where they work.

And this is what you must do too. You must only smoke outdoors (and you can stay four metres away from the entrance to a non-residential building if you want to as well - but only if you want to, unless you live where I do).

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Stay Away From Jealous People

While you're in the process of changing your smoking habits you'll no doubt come across smokers (and possibly non-smokers too) who'll be very negative about what you're doing. They'll try and make fun of you and tell you that you'll fail at what you're attempting to do.

My advice is to stay away from these nay-sayers or just simply ignore them.

People who smoke can be extremely jealous of others who try to quit. This jealousy can manifest as very nasty and derogatory remarks.

So while you're going through the process of giving up smoking, try and stay away from any negative people, especially the envious smokers.

You must stay strong, firm and focused to achieve your goal of becoming a non-smoker. You just have to believe in yourself and believe that you can do it. And because becoming a non-smoker is something that you really want to do, reaching your goal won't seem difficult at all.

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Becoming a Non-Smoker

Changing from being a smoker to being a non-smoker is best done slowly. You need to take your time and change your smoking habits gradually until, eventually, you don't have any at all.

Making the change this way leads you through simple, progressive steps so that you don't feel as though you're "giving up" anything at all.

Just slowly and consistently change all your smoking habits, and the important word here is "consistently". You must keep going and keep thinking of new ways to help you to change your old smoking habits. For instance, increase the 15 minute waiting time, keep your cigarettes in a less convenient place or take up a new hobby/sport/exercise regime to give you new interests and less time to smoke.

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More Help Is Available Right Now

I have some really great news for you.

There is help available for you right now. You can begin your journey to quit smoking immediately - and you don't have to do it alone.

There is an amazing new book called ***How To Quit Smoking - Without Giving Up Cigarettes***.

This book is an amazing quit-smoking course all laid out in simple and easy monthly steps that take all the hard work out of letting go of your cigarettes for good.

All you have to do is follow the step-by-step advice that's all laid out in simple-to-follow easy stages.

And that's it! By the time you finish the book you'll be a non-smoker for the rest of your life. This is such a great book because it makes giving up cigarettes fun, interesting and easy.

And giving up your cigarette habit is better for your health, better for you wallet and gives you an improved lifestyle by taking away the constant cigarette craving that has been dogging your life for years.

How To Quit Smoking - Without Giving Up Cigarettes is available right now as an instantly downloadable electronic PDF e-book.

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So stop being a quitter when it comes to quitting.

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