

***Kick That Habit!***

**Quit  
Smoking**

***Learn How  
to Live a  
SMOKE  
FREE  
Lifestyle***

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## Introduction

### *We're Creatures of Habit*

“Form good habits...be a good person” is the universal motherly advice every one of us can recall when we scratch the realm of our memories. Tiny tots and youngsters are forever bound, protected and guided by their seniors and elderly in order to help them on to tread the path laid on time tested principles of honesty and good behavior. Yet sometimes unknowingly they take the forbidden route just to prove things for the heck of it.

Due to the extreme stress, strain and stretch of the competitive world around any person today is more susceptible to succumb to pressure and buckle under it. Here's where the need for addiction in any form arises which however provides only temporary solace rather than erasing the real cause. We sometimes latch on to it and slowly get further and further suck into its false whirlpool leading us to lose our will power.

An addiction simply adheres itself to our self-belief eroding it gradually by digging into it. We just remain a shade of our previous selves hereby taking a short cut to a track that leads us to more acute physical and mental problems. Any addiction can be overcome, any bad patch overridden if only we could endure it by facing it head-on keeping the following lines from Kipling in mind –

If you can fill the unforgiving minute  
With sixty seconds worth of distance run  
Yours is the earth and everything that's in it  
And – which is more – you'll be a MAN!

### ***The Ugly Truth***

- ❑ Tobacco usage causes more than 430,000 adult deaths per year in the United States.
- ❑ Around 5 million under 18 years will die prematurely from smoking-related diseases.
- ❑ More than 4,000 chemicals have been identified in tobacco smoke of which at least 43 cause cancer in humans and animals
- ❑ Exposure to passive smoking, 3,000 nonsmokers die of lung cancer every year.
- ❑ 150,000 to 300,000 infants and children less than 18 months experience lower respiratory tract infections. Asthma and other respiratory conditions often are triggered or worsened by tobacco smoke.
- ❑ Smoking among 8th, 10th, and 12th graders varies between 18% to 40% (including 9% to 13% females)
- ❑ Tobacco use is linked with numerous adverse health outcomes, disability, and death across a spectrum, including heart disease, cancer, and chronic lung disease.

## **Is it Worth Smoking?**

### ***10 Reasons for Picking the Habit Up***

- ❑ A sudden rise of energy level to combat stress, stretch and strain of our daily schedule
- ❑ A concentration pill
- ❑ To overcome frustration due to the indomitable desire of achieving the very best even beyond our limits
- ❑ To bridge the gap between our desired aspirations and hard core reality
- ❑ Already Addicted and finds no valid reason to quit
- ❑ A style in the society
- ❑ The additional energy level for repeated sexual interaction in a row
- ❑ To avoid boredom
- ❑ Its a tradition and doctor's advise is a foolish notion
- ❑ Just to enjoy

The smokers treat all the above as valid points and the non-smokers feel these to be

### ***Smoking Ain't Cool***

The following factors induct the youth into tobacco usage in which nicotine is found which results in addiction. These are responsible for initiation of the adolescent amongst whom 76% of the daily smokers believe that in 5 years they would not be smoking. However the trend shows that 5 to 6 years later 73 percent of these persons continue to smoke having built up yet another make believe resolution to quit smoking in another 5 years when life would cool down a bit. 46 percent of the daily smokers however do succeed in having stopped smoking for at least some periods during the first 5-year phase. Yet remarkable there is a less than 3 percent population though insignificant who stop smoking permanently.

Tragically this habit that starts as a style spreads its roots from an age when most people just begin to give shape to their dreams, ambitions and careers. This ‘style becomes killer’ tip toeing on the sands of time snuffing out lives leaving behind in its trail more than 5 million years of potential life lost every year the world over.

- ❑ Socio demographic factors like coming from a family with low socioeconomic status.
- ❑ Environmental factors include easy accessibility and availability of tobacco products, cigarette advertising and promotion by legends and stars and the widespread affordability of tobacco due to its low price.
- ❑ Personal factors include borrowed perceptions from peers and siblings that ‘tobacco use is normal’ and lack of parental involvement.
- ❑ Low self-esteem and the lack of ability to refuse offers to use tobacco further fuels the wrong notion that tobacco use benefits.

### ***Facts About Tobacco in America***

- ❑ Men are more susceptible to smoking than women.
- ❑ American Indians or Alaska Natives are more likely to smoke than other ethnic groups.
- ❑ Hispanics and Asians or Pacific Islanders are more prone than the rest.
- ❑ Highest smoking levels are found amongst the Vietnamese and Korean Asian Americans
- ❑ Gay men and lesbians smoke more frequently than heterosexuals.
- ❑ While individuals with 16 or more years of education or in middle or high income groups have the lowest smoking rates

### ***Smoke and Pay the Consequences***

- ❑ Smoke from ALL CIGARETTES damage the human body, as any amount of it is injurious to health. Surprisingly cigarettes are perhaps the only advertised products whose consumption causes CANCER.
- ❑ It is a completely wrong notion that smoking fewer filtered cigarettes has no negative impact whatsoever. Even a habit of 1 to 4 cigarettes a day has serious consequences making an individual more prone, with a high chance of dying at an earlier age.
- ❑ It is hardly relevant whether one puffs a high-tar, low-tar or high-nicotine, low-nicotine brand, as the risks remain same. Moreover under the belief of the alternates being safer one ends up smoking more number of cigarettes than the usual. The harm caused remains same as the individual often ends up taking deeper puffs more frequently to a shorter butt length. Hence the dose of the intoxicating nicotine that is the addictive drug remains unchanged. Studies confirm that chances of lung cancer are in no way lower in low-tar or low-nicotine smokers. Nicotine taken in small amounts attacks the brain and central nervous system giving rise to pleasant sensations affecting the mood of the smoker and enhancing his nature of wanting to smoke more. Thus an individual becomes absolutely dependent resulting in physical withdrawal symptoms when he tries to overcome his near fatal injurious to health habit. Whenever an individual loses his calm, relaxed self artificially attained through smoking he feels nervous and restless, the direct output of non-smoking.



## How to Quit Smoking

The big billboard of Los Angeles displays to the passers by the casualty caused due to smoking has not drawn your attention then perhaps you have been influenced by some very sensational relationship or your house physician or may be even some ghastly advertisement has triggered you of to quit smoking. Experts find some sudden incidental outcome or emotional outburst to be the key-triggering event for quitting smoking.

The [smokerfree.gov](http://www.smokefree.gov/guide/basic_steps.html) ([http://www.smokefree.gov/guide/basic\\_steps.html](http://www.smokefree.gov/guide/basic_steps.html)) has nicely translated the steps for Quit Smoking as START

S = Set a quit date.

T = Tell family, friends, and co-workers that you plan to quit.

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work.

T = Talk to your doctor about getting help to quit.

Now let us define the steps in our own way.

First of all, you must be aware of the triggering event of your life, which has propelled you to take a decision to quit smoking. You must be sensitive to this as this will change your life in the long run like being reborn yet again. What we suggest you only announce your plan to a specific near or dear person. Again we suggest that there is no alternative to a sudden outburst. So, may be due to a very close and emotional ambience you have decided to throw the cigarette from the grip of the fingers, may be half finished or may be the after the last puff. Please for God's sake, don't worry about wasting the rest of the packet. The money you

are losing for the leftover cigarette is really negligible to the amount you are going to save in the forthcoming days because of your revolutionary decision.

The coolest way of taking a decision and announcing it to public involves the risk of postponing the date even for trifling incidents. Remember there are many people who will advise you NOT to leave smoking, might be because of jealousy or even for fear of isolation due to losing a smoking partner. The only positive side of such an announcement is that it may build up an additional pressure on you for keeping up commitments. In an ambience, where the majority are smokers, who will remind you about your commitments - and your chance of being ashamed due to the failure of commitment goes mostly unnoticed. So, we advise you to take random decisions.

The online edition of BBC News reports that “researchers at University College London interviewed more than 1,900 smokers and ex-smokers about their attempts to quit and found that two-thirds of smokers who stopped suddenly succeeded for at least six months, compared to under half of those who planned it in detail.” (<http://www.medindia.net/>)

Another very important issue is the solace that the smoker derives from the people at large. They become more interested to justify, why they had started smoking, as if this is the key answer to the burning question of why they are continuing to smoke. Here we want to state very clearly that smoking is a bad habit and at times one smokes just for the sake of the habit even without enjoying it. We have even encountered people, who had come up with very generic replies like “Just like that” to the daunting question “why do you smoke”?

However you may have thrown the unfinished cigarette or the half-filled packet in a most romantic manner. What happens after that? Your companion for so long named nicotine will never leave you so easily, because Nicotine spreads its cast on the central nervous system upsetting the entire body system. You will

undergo psychological effects becoming restless to get back at it again. If you go to a doctor or to a counselor immediately after quitting smoking, he will not only help you, but also guide you for the future course of action as well as apply the right medicine, if required. If you can pass a couple of hours without being lured to the cigarette corner shop, we feel, you have won the game. Why don't you attempt to visit a recreation hall or a movie while your immediate resolution bears fruit? You may also like to go to a non-smoking restaurant with your dear one to pass some time. Once the evening comes, you go back home without buying a cigarette and try to take control over your restless mindset, rather jump onto the bed. Please try to avoid roaming around in the balcony, where even yesterday you had been with a cigarette.

Some people have got the habit of keeping a good stock of cigarette even at home or office, thinking of rainy days! If you fall in the group of such pragmatic people, please do NOT forget to throw away all the stock to the dustbin immediately after entering into your bedroom. Get convinced that creating a stock tomorrow again will hardly take any time, but let me give it a try at least till tomorrow morning!

It has been noticed that smokers love to see the smoke better than the flame. "They will not smoke inside a completely dark room because they just want to see the rings of smoke going up." As per Vasudevan Nampoothiri, Vice-Principal of the Government Ayurveda College, Thiruvananthapuram, reported on The Hindu on May 31, 2004. You need to decide, which one you like, the flame or the fumes. If the cigarette burns, you only can see the rings of the smoke, but if the flame burns in your inner world, then everybody can watch the rings, because the stored energy will come out and is sure to be reflected around you.

Let the morning bring fresh air in your life, and you find your new life with the sunshine at dawn. We guarantee the dizzy feeling will go away and you will get the inspiration from the Sun, who ultimately energizes your body and mind. Take a deep breathe. Remember the morning Sun is treated as an amazing system of cure in energy therapy like Ayurveda, Qigong etc. Heliotherapy and Chromopathy

are the two very prevailing curing system in Rome, which has witnessed one of the oldest civilization when most of the top notch countries of today's world were in their infancies. Taste the natural energy level, may be even after 20 long years!

Wish you all the best!

## Health Risks From Smoking

Adam and Eve had taken the risk of eating the forbidden fruit despite the caution from God. Today the society has left to stone unturned to bring the black side of smoking to the notice of the public. But still people continue to smoke and some even find romanticism behind the skull and Red Cross symbol or the pictures depicting blackened lungs in doctor's chambers. So, the tradition continues.

Let us see, what a cigarette contains inside the white wrapper.

Tobacco, being the principle component contains Nicotine that hits the brain. It has got 43 carcinogenic substances and more than 4000 chemical substances, out of which some are toxic enough to generate the charming effects in the human body. It contains 400 other direct toxins, which are found in commonly used wood varnish and rat poison.

So, just imagine the combined effect!

- ❑ Cigarette is the root cause of the most dreaded scourge of the century, Lung cancer. The research and Study reveals that about 90% lung cancers are triggered of by smoking. As cigarette affects the central nervous system, so it spells its cast to give birth to cancer in various organs of the body like mouth and lips, pancreas, kidney, stomach, urinary bladder, larynx, nose, throat and the esophagus.
- ❑ Leukemia has been found to be caused by smoking
- ❑ Coughing and sneezing take a turn for the worst due to smoking.
- ❑ Smoking has found to trigger off Emphysema and chronic bronchitis.

- ❑ Asthma & Short breath are enhanced by smoking. Children are very susceptible to Pneumonia when subjected to passive smoke.
- ❑ Mothers smoking cigarettes during their pregnancy risk chances of miscarriage and even delivering premature babies. It has been studied that smoking during pregnancy results in lesser birth weight for the babies.
- ❑ Smoking has been observed to affect fertility in humans.
- ❑ Vision is affected by Smoking
- ❑ Smoking leads to strokes and coronary heart diseases like Heart Attacks.
- ❑ “Long-term tobacco use can dull a person's thinking ability and bring down IQ, according to a new study conducted by a research team at the University of Michigan” (<http://health.indiatimes.com/>)
- ❑ Smoking forms ulcers in several parts of the body, the most common one being peptic ulcer.
- ❑ Smoking causes burning throats and acidity as it affects the entire metabolic cycle. People after having quit smoking have observed a renewed appetite than their previous stage of smoking.
- ❑ Smoking may cause the development of large vessel peripheral vascular diseases and inflammation of veins.
- ❑ When a woman smokes she becomes more susceptible to breast cancer.
- ❑ Smoking can lead to Tuberculosis.
- ❑ Several skin diseases are generated due to smoking.

- ❑ People smoking for longer periods, can gather diseases like Heartburn, High Blood Pressure and Insomnia.

CBN.com (<http://www.cbn.com/>) reports, “Long before Christopher Columbus first set foot in the New World where the Indians there were growing and smoking tobacco”. This conform the habit of smoking even before the dawn of some civilizations. People may have been aware of its pros and cons much later. The science and research has opened the opposite side of the coin in the recent past. The public houses, media and mass communication have been fulfilling their obligations. We don’t expect some radical change in such a long tradition. Obviously the time has come, when we all need to rethink and moreover we need to handle smoking cessation with a much emotional and professional touch.

## **Benefits of Quitting Smoking**

We are going to furnish some instant benefit of quitting smoking which have been found over years and these data are furnished based on research on people who have quit smoking

- ❑ The Heart Rate drops just after 20 minutes of quitting smoking
- ❑ The level of carbon monoxide comes back to normal level after 12 hours of quitting smoking
- ❑ The Blood circulation improves and the lung function shows a significant improvement after 2 to 3 weeks of quitting smoking
- ❑ Mostly Smoking gives birth to diseases like coughing which is fuelled by smoking. Severity of Bronchitis enhances due to smoking. Asthma is another disease, which is highly affected by smoking. Even the breathing of a normal person has been observed to be shortened as a result of continuous smoking. It has been observed that it takes 1 to 9 months after quitting smoking to remove these physical disorders. But a significant improvement can be visible.

(All these data has been collected from the website of American Cancer Society)



## **Withdrawal Symptoms**

Smoking means Nicotine which is highly inductive to the body as well mind just like heroin or cocaine. Nicotine does not only pollute the physical parts of the body but it affects it psychologically as well. So, the mere thought of quitting smoking adversely affects your mind. So one will definitely feel desperate to continue it rather than quit. The unwanted and unavoidable pressure from friends and colleagues can also not be denied. You make yourself aware of your future if and only if you are determined enough to control yourself from being lured into such a close association. So, we suggest, first of all you need to be convinced of the reasons for quitting smoking. We must say that the decision to quit as well as sticking to it demands devotion.

### **The symptoms**

- ❑ You may feel dizziness for first few days. You will also feel awkward tiredness. This is due to the lack of the particular intake of tobacco at a very specific time of the day.
- ❑ Mental Depression - as Nicotine has got a charming effect in boosting you up
- ❑ Impatience and Anger - The effect of Nicotine is NOT limited to the lungs only, it casts its spread over the blood vessels, brain, hormonal system and your metabolism. So the effect of withdrawal may cause a disharmony in your entire physical system, which puts an extra pressure on your mind in this competitive world where stress, strain and stress have become your all time companions.
- ❑ Sleeping & Focusing - This is the reaction to certain disorders of your hormonal system. As your mind needs to be at its tune for a proper sleep as well as focusing in any job which demands your 100% worth, you feel the loss of harmony

- Appetite and Digestion - The physicians have experienced paradoxical results as a change in appetite and digestion after quit smoking. In some cases, the mental tension due to non-smoking of a cigarette has found to cause indigestion. In some other cases, the withdrawal of Nicotine has shown a direct impact on metabolism resulting in an additional appetite for the individual.

The Royal College of Physicians (<http://www.rcplondon.ac.uk/>) in their book, Nicotine Addiction in Britain, strictly denies the psychological effect of Nicotine in human beings. They say, “Demonstration of nicotine addiction and evidence of putative underlying neurobiological mechanisms in animals do not establish conclusively that nicotine has psychological effects in man. Furthermore, much of the evidence on the psychological effects of nicotine in man is derived from studies of smokers, and the question therefore arises as to how much any psychological effect of smoking is in fact attributable to nicotine”.

## **How to Stay Quit After Quitting**

An indomitable passion has let you to take the first step towards quitting. You are one of the luckiest people in the world, who have been able to swim against the current. You have shown a strong determination in yourself among your family and the friend circle, and have become different from the rest of the crowd. When you have been able to take the most important call in your life, is there any way, by which you want to loose that position? Is anything ever comparable to your mental strength? Would you even try to make yourself a laughing stock in front of your near and dear ones? What impression do you carry on to your kids? You suffer from indecision and forgetfulness. Or you may even prove that smoking is so invaluable that nobody can quit. Remember your spouse and children always look up at you. Finally, if you want to undertake these risks of loosing your position in the family as well as society, we have nothing at all to say. However if you want to stick to the most admirable decision of staying put we can help you to the best of our extent and this chapter will aid you immensely in getting to your cherished yet unorthodox goal.

As your body and mind have been under the spell of Nicotine due to smoking you may be again lured by people and events. However one needs to control these unwanted desires of the mind with an iron hand because one more puff even after years can send you tumbling back to the stage from where you began.

The most important lacuna in today's world is awareness. People are NOT aware about the feelings of their partners during a sexual relationship. Adolescents are NOT aware of the recuperation of watching blue films on their minds. The tracking team is NOT aware about the risks and dangers of an unknown place in an unforeseen environment. The young generation is NOT aware of the scars drug addiction leaves on their mind and bodies. Perhaps you were NOT aware of the effect of smoking when you had taken the first puff. Now you have realized by paying through nose just how harmful smoking is.

As you have already shown the first step towards maturity by quitting, now you must be aware of the probable events that trigger you towards a relapse. We may have come up with some generic prevailing concepts or triggering events. A smoking-prone mind becomes more active, when it watches the people around smoking. So, start avoiding the smoking zones. Thanks to the government for directing organizations to keep a separate smoking zone. Start visiting non-smoking restaurants. Drinking supplements smoking – a common smoker's notion, hence you need to chuck off both from your routine agenda for some time till your body, and mind begins to reap the rewards of non-smoking. The fun is to light a cigarette one needs to use both of his hands specially trained people require only one hand. Why don't you make your hands busy by holding a rubber and a pencil? Smoking is a highly catchy habit. So, stay away from smoking circles and friends requesting them not to smoke in front of you. There are some prime times for smoking, like after tea or lunch when you are most vulnerable to provocation. Why don't you try out techniques to deviate yourself at these points of time in the best of your interest. You may also schedule your work so that you have your hands full after lunch. One can try out toffees or 'churans' in order to keep occupied.

A lot of dummy cigarettes like Yixing No Smoking Herbal "Cigarettes" have been formulated, which are supposed to be less harmful than a general cigarette and also gives you the aroma of a genuine cigarette. People recommend these at these stages when one has quit smoking. We have never tried to find out about the authenticity of its chemical components or the impact it has on smokers, hence we don't recommend them. The logic being simple, when you start on this one, the number could again be at 20 in a span of 5 to 7 years. It's like going around in circles only having falsely convinced our minds that we are onto a less harmful addiction. To us A cigarette is A cigarette and even addiction to anything even resembling a cigarette should be strictly forbidden, as our weak mind will again try to look for solace and provide justifications as we succumb to another form of addiction.

You must know that provocations will come and go but stepping into the cravings may raise a fundamental question in you - whether you are a confident person or not.

As nicotine gives you the mental boost, it gradually erodes your level of confidence too. Once you take a decision to quit your confidence level gets a jolt. Often some people succeed in convincing you by telling their own stories, which prompt one to restart smoking after having quit once. The solace is perhaps that they have started taking puffs from cigarettes with larger filters as advised by some quack advisor as larger filtered cigarettes are wrongly considered less harmful. We feel consumption of cigarettes irrespective of their filter size or number means continuing with the smoking addiction.

There are several treatment procedures for quitting. One of the most natural healing systems is the acupuncture method. It affects your taste buds in such a way that it generates an anti-feeling to smoking. The taste worsens when you give it the first puff after having taken to acupuncture therapy. We hardly recommend you to a doctor for any kind of therapy to ease your life rather we insist you to tread the harder way, through your own determination. We guarantee an endless confidence level, if you can pass a few days after having quit without having undergone any medication or treatment. You can prove to yourself that you are in control of your surroundings and passion. As this is a very generic advice this will vary from individual to individual depending upon your mental ability. We also tell you to study your self and decide whether you require any external therapy without ignoring to what one's inner voice has to say.

Even there are medical units like Holistic Healthcare Online, who take care of post quitting effects through alternate medicine methodology. Even you may look for hypnotherapy and Penn therapy to withstand the post quitting effects.

So the challenge becomes more mental. Weak minded people may start thinking that they have become useless and everything around them has turned dull. Even

their desperation may make them feel let down. So, it's rather a punishment to take the decision to quit smoking. 'So, why to stick to it?', a question that can occur to one and all. 'Rather, let me not become the butt of laughter and start swimming with the flow again', another perception that takes you right back. You may also have a feeling like, "just one cigarette, what's the harm?" But please remember a decision is much more difficult than justifying at a later point. So, why to go back when one has once crossed the most crucial step of abiding by a bold decision. The long term effect of Nicotine may affect your energy level a wee bit, but one has been saved from a lot of near fatal diseases. Have you ever considered that dizziness is an after for a very short term. So why don't you tell yourself, that you have been able to win the battle against dreaded nicotine, which most other people lose? Don't you find yourself at a different psychological level? **Think positive and be positive.**

One way to think positive is to calculate the monetary gain. Start calculating, how much have you saved today? Is it \$2, then what the figure looks like after 5 days? So, you are saving a lot for your family or kids or at least for your life style. At least you are not burning dollars; rather you are using it for your amusement. So, tell yourself, keep it up! After one year we will have another pleasant tour! \$770 is not a joke!

## **Therapies after Quitting**

We firmly believe that self confidence is the key treatment in your battle against quitting smoking. We are here looking at a mass having a lower confidence level and therefore need external therapy for quitting, both before and after. We believe that you must focus to increase your level of motivation.

### ***Hypnosis***

It is one of the oldest treatment methods found in earlier civilizations. It was mostly in China, Tibet and India where people used to focus on healing based on internal energy levels. External energy in the form of cosmic rays used to be infused into individuals to overcome physical illness. Hypnosis has been a prevailing treatment for most addictions which people have inculcated for long. It not only removes the indispensability of the addiction but also helps out to lessen the mental agony. A Hypnosis therapy first evaluates your level of susceptibility and accordingly determines the level of treatment required. It has got ways like focusing on moving objects, listening to a deep voice, or even lightening effects. This therapy has become popular even in the western countries today.

### ***Meditation***

It is one of the most profound methodologies in alternative medicine today which have been used by ancient civilizations in China or India. Today the authenticity of meditation is revealed even in the US & UK where meditation has been found to be the most successful technique in stress related issues. Meditation has been used by ancient gurus as a tool to form a link with God. Today, it is used to relax you from external agony as well as to increase your focus and level of concentration. Smoking makes you more susceptible to emotion due to the

lasting effects of nicotine which only triggers the central nervous system. Scientific research recommends meditation for the busiest professionals.

The medical research team has proved Meditation is one of the best methodologies to increase the level of motivation, self-confidence and will power – the three primary forces, which can fight in favor of one's decision to quit Smoking.

### ***Counseling***

- ❑ Massachusetts General Hospital study reveals the effect of counseling for smokers. They demand that “hospitalized smokers given stop-smoking counseling help them stay off cigarettes after they return home” (<http://www.pslgroup.com/dg/>). The experiment was done on 650 adult smokers.
- ❑ American Cancer Society ensures the availability of help for the people, who want to quit smoking permanently. The counseling session is mainly based on the psychological part of the addiction. Even one may opt for the telephonic counseling.
- ❑ Clinicaltrials.gov (<http://www.clinicaltrials.gov/>) publishes the authenticity of their “Motivational Counseling in Preventing Smoking Relapse After Pregnancy in Pregnant Women Who Quits Smoking During Pregnancy”
- ❑ The American Journal of Medicine (<http://www.amjmed.org/>) publishes “Effectiveness at the Birmingham VA Medical Center, Birmingham, Alabama”, where the team had analyzed over 16,000 records of smokers. They found a tangible amount had shown positive effect on the people after discharge, who had been admitted to the hospital due to heart attack.



What you need to do, is to find out the right counselor in the vicinity, so that you can arrange a few sittings with him.

### ***Nicotine Replacement Therapy***

If you look at the most harmful component in the cigarette, it is unhesitatingly nicotine. Nicotine actually creates a lot of physical dependence, which has been found to lead one to various unpleasant symptoms when a person has tried to quit or even after the quitting stage. “Nicotine replacement therapy (NRT) provides nicotine – in the form of gums, patches, sprays and inhalers – without the other harmful side effects of tobacco”. This may be noted that it is not a complete eradication, rather compromises a level of harmfulness. It actually helps in relieving some of these symptoms to give a breathing space to that person, so that he can leave the physical aspect to some extent and focus more on the psychological aspects of quitting.

Gradually many alternatives are coming up. Nicotine nasal spray, inhaler (Zyban) and nicotine-free tablet (Chantix) are also available today. How do they work? They try to formulate nicotine in the body at a slower rate. Like the nicotine patch arranges to release nicotine in the body at a very specific rate. The key difference is that nicotine in cigarettes intrudes the lungs and blood instantly while the patch takes a couple of hours. So, in reality the consumption becomes less and the body reacts to a slower effect, rather than sudden withdrawal.

### ***Homeopathic Treatment***

Homeopathic quit smoking products contain compounds that become highly useful at the stage after having quit. We will definitely advise you to visit a doctor before choosing any such product because the proportion may cause toxic effect

to some people. Boiron Quit Smoking Care Kit and Nico-Free are two such homeopathic products available in the market. A very generic suggestion is to increase your water intake and regularize your meal habits at the time of using such products.

## **Initiatives from the Governments**

### ***Iron Hands of laws***

As the top notch people have realized the prolonged impact of smoking, the Government at all levels has started fighting against this dreaded scourge. Most varieties of cancer have been found to be routed through smoking with an exemplary exception of mesothelioma. Various efforts undertaken by different Governments have taken place including some token celebrations like the non-smoking day. The issue has been even discussed in the summit at the highest level and common platforms have also been floated. There is no question of taking the issue casually; rather people at all levels have started cautioning the smokers including the young generation against this dreadful addiction. The awareness has gone up to such a level when sponsors like ITC (world renowned Cigarette Company) has been withdrawn from the sponsoring international cricket matches. Smoking has been banned in most public places round the world; smoking has been strictly prohibited in long distance trains; most of the restaurants and entertainment halls have become smoking-free. Remember it's not only the self, who is affected by smoking, but it includes the associates including children on whose tender shoulders lie the future of mankind. Here we want to list out some of the salient news/ decisions from the Government around the world as steps towards the Quit smoking Campaign.

### ***Efforts in America***

Listed below are some desperate efforts by the Federal, State and local government agencies and numerous health organizations to reduce tobacco use by focusing on mass based approaches and its immediate effects.

- ❑ Prevention of initiation to smoking by restricting access to tobacco mainly among the youth.

- ❑ Policy changes in health care systems to promote smoking cessation.
- ❑ Implementing programs that can be effective in reducing average cigarette consumption per person. California and Massachusetts increased cigarette excise taxes while having allotted a quota of revenue for tobacco control programs.
- ❑ Educational programs creating awareness for school-aged youth for preventing initiation and initiating cessation in quality health education curricula at the grade level. In depth knowledge about effective cessation methods and a staunch comprehension of the health effects of tobacco use.
- ❑ Aiding individuals to quit using tobacco thereby reducing chances of passive smokers to viscous smoke.
- ❑ Effective evaluation techniques to monitor program impact resulting in modification of older versions to create newer powerful editions of the implemented programs.
- ❑ Treating nicotine addiction to rehabilitate individuals giving their lives a new focus.
- ❑ School-based tobacco prevention programs identify the social influences that promote tobacco use among youth and teach skills to resist these influences. These programs have demonstrated consistent and significant reductions or delays in adolescent smoking.

### ***Some immediate Yield***

In the US, a downward trend has been shown by plunging lung and oral cancer deaths. This has set into motion a number of States to follow suit in implementing tobacco control plans with more vigor and zest. Unfortunately though showing progress, many objectives are far from their targets as 13 States have laws limiting smoking in public places and worksites but few bar it or limit it to private workplaces or restaurants. Though all 50 States and the District of Columbia have laws prohibiting the sale of tobacco to minors its implementation has been almost next to null.

Nearly 70 percent of current smokers resolve to quit smoking out of which at least 45 percent quit for a period or a even a day but give in and surrender themselves back into its deadly clutches. Only about 2.5 percent of current smokers can climb upon the summit and QUIT permanently each year. Smoking cessation has major and immediate health benefits for men and women in all ages. Smokers quitting before 50 have just about half the risk of dying in the following 15 years when compared with people who continue to smoke.

### ***Steps undertaken by AHCPR***

The Awareness through Mass Communication and Rectification (AHCPR), Agency for Healthcare Research and Quality's expert panel concluded that a variety of interventions are effective towards motivating individuals.

- ❑ Simple advice to quit by a clinician induces 30 percent to forcefully undergo the thought of giving up this injurious habit.
- ❑ Individual and group counseling almost doubles cessation rates.
- ❑ Telephone hotlines and help lines contribute about 40 percent amongst the total number approached.
- ❑ Nicotine replacement therapy does the rest of the trick. Pharmacotherapy and counseling are provided as add-on paid services towards treating addiction and ultimate cure and freedom from being a slave to smoking.

### ***Apprehension of National Cancer Institute***

- ❑ Blue-collared, food and other service occupation workers endured smoke-filled workplaces that considerably exposed an overall 46 percent to the risks of passive smoking.

- ❑ Out of the total 5.5 million workers, 22 percent are teenagers who thus have a 50 percent increased risk of dying from lung cancer compared to the general population.
- ❑ Correct policies, planning, implementation of procedures and educational and clinical measures can reduce this unwanted secondhand smoke exposure among the population. Policy approaches like voluntary adoption of worksite restrictions, strict clean indoor air laws and enforcement of restrictions for public health.
- ❑ Induction of public educational campaigns and local community efforts to limit smoking in public places to reduce exposure of both adults and children to secondhand smoke has yielded significantly.
- ❑ Eliminating passive smoke can only lead to lessening of respiratory disorders and associated illness in children and can considerably bring down their 500,000 visits to physicians each year due to worsening asthma.

The American Academy of Pediatrics has in turn recommended pediatricians to create the requisite awareness among parents about the pit falls of passive smoke upon the tender lungs and to provide guidance on to safeguarding them against this fatal health hazard.

### ***Prohibition for the future generation***

Restricting minors' access to tobacco products is one of the main controlling tags in the multilevel approach to prevent tobacco usage.

- ❑ Students or adolescent who try to purchase cigarettes or other tobacco forms are to be asked for proof of age in order to curb their tendency. Self-service tobacco displays were erased as they provided easier access to minors to purchase or steal tobacco products. In a 1995 survey, stores with self-service displays were

- ❑ Although all States prohibit the sale of tobacco products to minors, proper enforcement of laws had been grossly overlooked leading to a splurge of malpractices that have been corroding the tender saplings even before they have begun to blossom.
- ❑ States and localities have taken to enforcement activities, compliance checks and retailer education in order to fulfill their stringent measures to keep the minors at bay. States have banned tobacco vending machines except in areas where they are inaccessible to minors.
- ❑ Federal policy initiatives require ensuring that all States revoke licenses for State minors' access laws. Participation of State and local communities to ensure effective implementation is the core element in the efforts to address the issue of curbing the purchase of tobacco products by minor. Their initiative must also target social sources of procuring tobacco for young people, including friends, siblings, and parents.
- ❑ Adolescent perceptions that increase their susceptibility to tobacco use are:
  1. Tobacco use is the norm as they have peer and sibling approval for consumption of tobacco products.
  2. The staunch notion that it benefits one by lifting ones spirits in times of stress by sharply enhancing clarity of thought.
  3. Spit tobacco use and its resultant health hazards are generally beyond the scope of their immature brains.

### ***The silver lining!***

A strong anti tobacco campaign combined with a tax increase on tobacco products has remarkably reduced the number of smoking individuals in California and Massachusetts in a limited span when compared to other States around the US.

The Minnesota Heart Health Program reduced approximately 40 percent of the community smokers it came in contact with at various organized meets. A

combined school-based curriculum was also the focal point of these quit smoking agendas. Later on, a preliminary report by the American Stop Smoking Intervention Study (ASSIST) indicated that per capita cigarette consumption was 7 percent less in the 17 ASSIST States. Limiting the appeal of tobacco products to young people involves both restricting tobacco advertising and promotions and effective countering of pro-tobacco messages to reach large segments of the population quickly and efficiently.

Mass media being the definite and ultimate tool for tobacco control, television, radio, magazines and other media tools are used to propagate information and educational messages to large targeted audiences, build up public support for tobacco control programs and policies, reinforce social norms supporting the nonuse of tobacco, and counteract the pro-use messages and images of tobacco marketing and public relations campaigns.

### ***Reducing the appeal of Smoking***

An essential element for reducing tobacco's appeal to youth is to change the current social trend that accepts tobacco use. This change requires countering the campaigns worth billions of dollars for tobacco advertising and promotion that lure young pre-mature minds with misleading images about tobacco. Arizona, California, and Massachusetts have paid counter-advertising campaigns to vaporize such glorified appeal generated for tobacco use to bring to the fore the lurking dangers just beneath the sheath of an inhaled puff. They correctly spread among young people messages about the negative effects of tobacco use on health, performance, and appearance. Preliminary results reveal that the media programs have reached youth, adults, and multicultural populations in those States and have achieved their program objectives.

Over the past several years, new technology has acknowledged that there is no such thing as a "safe cigarette." Proposed and debated issues have contemplated the reduction of tar and nicotine levels in tobacco products, even considered



varying the proportions of tobacco-specific nitrosamines and specific additives used in other tobacco products.

Whenever the demand for cigarettes decreases its price increases. An increase in the excise tax on tobacco products reduces the rate of use of both cigarettes and spit tobacco among adults and youth. A 10 percent increase in the price of cigarettes reduces overall smoking among adults by a dramatic 4 percent.

For every 10 percent increase in the price of cigarettes, there is a 7.6 to 12 percent decrease in teen smoking participation rates as youth participation responds more strongly to price.

### ***And some more...***

- ❑ March 2006: Smoking Ban - Smoking in Public Places in Saskatchewan and public places and Workplaces in New Brunswick and Manitoba
- ❑ Health Canada's Tobacco Control Programme invites stakeholders engaged in tobacco control issues in Canada to share their views comprising the second phase of the Federal Tobacco Control Strategy (FTCS).
- ❑ The World Conference on Tobacco or Health was held from July 12-15, 2006 in Washington DC
- ❑ Released in May 2004, a report reveals that smoking causes diseases in nearly every organ of the body. It expands on the list of illnesses and conditions linked to cigarette smoking that was discussed in the 1964 Surgeon General's Report on Smoking.
- ❑ NIDA InfoFacts: Findings for high school youth indicate that 25.9 percent of 8th-graders, 38.9 percent of 10th-graders, and 50.0 percent of 12th-

graders had already smoked cigarettes when asked in 2005. These figures were lower for all three grades from 2004 data, and for 8th-graders and 12th-graders, the decreases were statistically significant.

- ❑ American Journal of Preventive Medicine, Tobacco use is the single largest cause of preventable premature mortality in the United States. It also represents an enormous cost burden to the nation.
- ❑ A series of advertisements made by Contract Advertising also appeared in Indian Express and Loksatta regarding Passive Smoking. Too often, smokers endanger the lives of non-smokers by smoking in their presence. Recently, studies have shown that such second hand smoke can also raise the risk of contracting cancer significantly. The danger is especially grave for children of parents who smoke. They are more likely to suffer from pneumonia or bronchitis in the first two years of life than children who live in smoke-free households. Several studies have also established a link with sudden infant death syndrome (SIDS). Children of parents who smoke have a twofold-increased risk of dying of SIDS.
- ❑ Australia's National Tobacco Strategy [Australian Government Department of Health and Ageing] is a policy framework for the Australian Government and State and Territory Governments to work together and in collaboration with non-government agencies to improve health and to reduce the social costs caused by tobacco. The links below provide information on how to quit and the effectiveness of various ways to stop smoking.
- ❑ Ontario smokers need more government help to quit smoking - Public awareness campaigns, raising tobacco taxes, workplace and indoor public smoking ban are keys to butting out
- ❑ Tobacco use is the biggest preventable cause of death and disease in Ontario. It kills 16,000 Ontarians each year. The government is investing in

a comprehensive tobacco-control strategy to improve the health of Ontarians.

- ❑ “Should there be a total ban on smoking of cigarettes? A forum in India witnesses most of the replies in favor of the total ban
- ❑ Smoking is known to be the principal avoidable cause of premature deaths in the UK.
- ❑ Smoking is the single greatest cause of preventable illness and premature death in the UK. Just over a quarter - 26 per cent - of adults in Wales are smokers. But 27 per cent of adults in Wales are ex-smokers.
- ❑ Statement on Release of U.S. Surgeon General Report on Health Consequences of Secondhand Smoke

## **Frequently Asked Questions**

### **Is Quit Smoking a necessity?**

If you love yourself and your associates then Quit Smoking is not only a necessity, but also the need of the hour.

### **Can Quit Smoking guarantee a longer life?**

Perhaps only God can guarantee somebody's life. However having quit smoking will surely help you in reducing complications in a world, where impurities and calamities have cast its spell in every sphere of life.

### **Does Smoking affect my family?**

Obviously, it has. Your children and other family members become passive smokers owning the risk of contracting hundreds of diseases. Moreover the cost factor can never be ignored. Please remember your children will also follow you, thus risking inculcating the habit among your children.

### **Can I tackle stress or strain even without a smoke?**

It is the foolish notion that any addiction such as smoking actually works as a stress reliever in mental agony. The nicotine just fills up your cravings. If you really want to release your stress, strain or stretch, then meditation is a much better alternative.

### **Can I focus equally even after Quitting Smoking?**

The residual effect lasts for a short tenure, when you really crave for a cigarette. It is more for psychological reasons because of prolonged habit. But it is really a matter of few days. You may use candy or toothpick as an alternative.

**Will I remain equally acceptable to the society?**

This is an age, where the awareness against smoking has reached its zenith. So, there is no problem in acceptability. We feel it is just a psychological barrier for you to cross.

**If I quit smoking won't I loose my elegance?**

Gone are the days, when walking into an air-conditioned restaurant with a cigarette in grip was the in thing. Rather today you will find a lot of non-smoking restaurants all around. Smoking hardly brings forth elegance as most people have become aware of the effects of smoking.

**Will I gain weight after Quitting?**

Yes. The withdrawal of Nicotine will generate more appetite. Several options including free hand exercises or jogging for loosing weight can be considered. Quitting smoking can ensures lesser intake of poison in the day to day lifestyle.

**'I had left once and had to get back to smoking'. 'Should I try again'?**

Yes. Yes and Yes. Might be last time some major events had provoked you to lift your self ban but can you tell, how much did smoking help you out to combat that particular triggering event? Perhaps the answer is NO. So, we insist you try again.

**Should I announce a quit smoking date?**

Research & study reveals that sudden decision to quit smoking has proved to be much more effective. Still if one feels like announcing a date will help psychologically, one may take a chance.

**Do I need treatment after having quit?**

Its entirely depends upon you and your mental stamina. There are various medicines and therapies (some of them have been discussed

in the Staying Quit section) available today. Even telephonic counseling is available.

**Quit Smoking – Doctor’s unnecessary caution !**

Smoking is dangerous – this has been proved. There are people, who hardly visit doctors despite small illnesses. They fear of doctor’s restrictions in their daily lives. Why should you allow it to be fatal, rather prevention is better than cure.

**I am a very weak minded person. Can I quit smoking?**

Surely, it is. Even the decision of quitting is bold enough. The decision also reveals your pragmatic mindset, which hardly comes from a chicken-hearted person. We suggest you to consult a counselor immediately.

**I smoke 2 to 3 per day. Is it harmful?**

Snake bite is a snake bite and the first bite injects adequate poison to take your life away. Several bites only increase the number of external wounds.

**I smoke cigarettes with larger filter portion – Isn’t it safe?**

Tests and experiments in laboratory do not conform to the authenticity of the above statement.

**Quitting Smoking is difficult but staying quit is tough !**

We completely agree with you. Reaching the peak once may be difficult, but possible. The challenge lies in continuing despite provocations. Even handicapped people drive vehicles overcoming their acute shortcomings of impaired limbs. It is the level of devotion, determination and dedication, which matters.

## **Books & Software**

Any interested individual may visit e-stores like ebay or Amazon for browsing their indexes. A plenty of books and software are available. One may search through any popular search engine also. Many books, articles, journals are available on the Internet itself.

- ❑ Quit and Stay Quit - A Personal Program to Stop Smoking : Quit & Stay Quit Nicotine Cessation Program by Terry A. Rustin
- ❑ How To Quit Smoking Even If You Don't Want To by Barbara Miller
- ❑ The Tao Of Quitting Smoking by Joseph P. Weaver and Gary Toushek
- ❑ Stop Smoking with America's Foremost Hypnotist by Mesmer
- ❑ American Lung Association 7 Steps to a Smoke-Free Life by Edwin B. Fisher
- ❑ The Only Way to Stop Smoking Permanently - Allen Carr
- ❑ The Tobacco Dependence Treatment Handbook: A Guide to Best Practices by David B. Abrams and Michael G. Goldstein
- ❑ American Cancer Society's Freshstart : 21 Days to Stop Smoking by Dee, Ph.D. Burton
- ❑ Recovery from Smoking: Quitting with the 12 Step Process by Elizabeth Hanson Hoffman - L.S.W., A.C.S.W., Christopher Douglas Hoffman
- ❑ The How to Quit Smoking and Not Gain Weight Cookbook by Mary Donkersloot
- ❑ Lynda Hyder Ferry

- ❑ How to Quit Smoking without Gaining Weight by Martin Katahn
- ❑ Allen Carr's Easy Way to Stop Smoking Allen Carr
- ❑ Allen Carr's Easy Way for Women to Stop Smoking by Allen Carr
- ❑ Dying to Quit : Why We Smoke and How We Stop by Janet Brigham
- ❑ Quit: Read This Book and Stop Smoking by Charles F. Wetherall
- ❑ A Meditation to Help You Stop Smoking (Recovery Health Journeys Series)  
by Belleruth Naparstek
- ❑ Self help hypnosis c/d to quit smoking
- ❑ Give Up Stop Quit Smoking Self Hypnosis Hypnotherapy CD
- ❑ How to Quit Smoking



## Other Websites to Check Out...

<a href="http://www.smokefree.gov/hp.html">http://www.smokefree.gov/hp.html</a>
<a href="http://www.smokefree.gov/">http://www.smokefree.gov/</a>
<a href="http://www.smettere.com/">http://www.smettere.com/</a>
<a href="http://www.redcross.org/">http://www.redcross.org/</a>
<a href="http://www.quit-stop-smoking.com/">http://www.quit-stop-smoking.com/</a>
<a href="http://www.quitsmokingsupport.com/">http://www.quitsmokingsupport.com/</a>
<a href="http://www.news.utoronto.ca/">http://www.news.utoronto.ca/</a>
<a href="http://www.mhp.gov.on.ca/">http://www.mhp.gov.on.ca/</a>
<a href="http://www.medindia.net/">http://www.medindia.net/</a>
<a href="http://www.lungusa.org/">http://www.lungusa.org/</a>
<a href="http://www.lungusa.org/">http://www.lungusa.org/</a>
<a href="http://www.healthypeople.gov/">http://www.healthypeople.gov/</a>
<a href="http://www.healthinsite.gov.au/">http://www.healthinsite.gov.au/</a>
<a href="http://www.hc-sc.gc.ca/">http://www.hc-sc.gc.ca/</a>
<a href="http://www.exchangenet.com/">http://www.exchangenet.com/</a>
<a href="http://www.drugabuse.gov/">http://www.drugabuse.gov/</a>
<a href="http://www.dimdima.com/">http://www.dimdima.com/</a>
<a href="http://www.dh.gov.uk/">http://www.dh.gov.uk/</a>
<a href="http://www.cpaaindia.org/">http://www.cpaaindia.org/</a>
<a href="http://www.cdc.gov/">http://www.cdc.gov/</a>
<a href="http://www.cancer.org/">http://www.cancer.org/</a>
<a href="http://tjsamson.client.web-health.com/">http://tjsamson.client.web-health.com/</a>
<a href="http://new.wales.gov.uk/">http://new.wales.gov.uk/</a>
<a href="http://ash.org/">http://ash.org/</a>

## **Final Words**

A continuous research and innovation have opened up various ways to facilitate you to quit smoking. We are aware that people from different walks of life have been seriously seeking out new and authentic ways for quitting smoking. The list includes psychiatrists and experts from alternate medicines also.

We know there are enough controversies in the methodology. Like whether to take medicine after having quit smoking or not? So we need a counseling session for quitting? Can we leave it permanently? Should we go to a homeopath or a traditional medical practitioner? Is it better to announce a date or should it be all of a sudden?

We welcome all such controversies, because we feel the education, culture and awareness have led to so many controversies, which is really good for mankind.

The reader will find out a slightly different approach in our content. We apprehend the mental tension and agonies of people caused by such a lucrative world. We also feel that people become restless even in trifles, because the mental imbalance caused by stress, stretch and strain caused by the surroundings. We know mainly that the younger generation fails to hold patience and get puzzled due to the mysterious events of the surroundings, where the son hardly hesitates to kill his father.

In such a stage of social and emotional imbalance, we don't recommend any "slow but steady" process. We don't know which factor will start dominating inside from tomorrow and moreover when we will have enough time to think and waste on same issues again and again. Why provide solace to the self? We do feel that confidence and determination are the keys to survival. Why shouldn't we try to increase the level of confidence? If we can increase our inner energy level, then

only we can survive at this competitive age. Then why not to take the path like meditation, which can really enhance our inner energy level to fight?

Desperation for emancipation from the cherished tradition fueled by personal experiences has resulted in this book. None of us can guarantee that he can witness the next dawn. But it is the obligation of every human being to prove that he is a M A N.