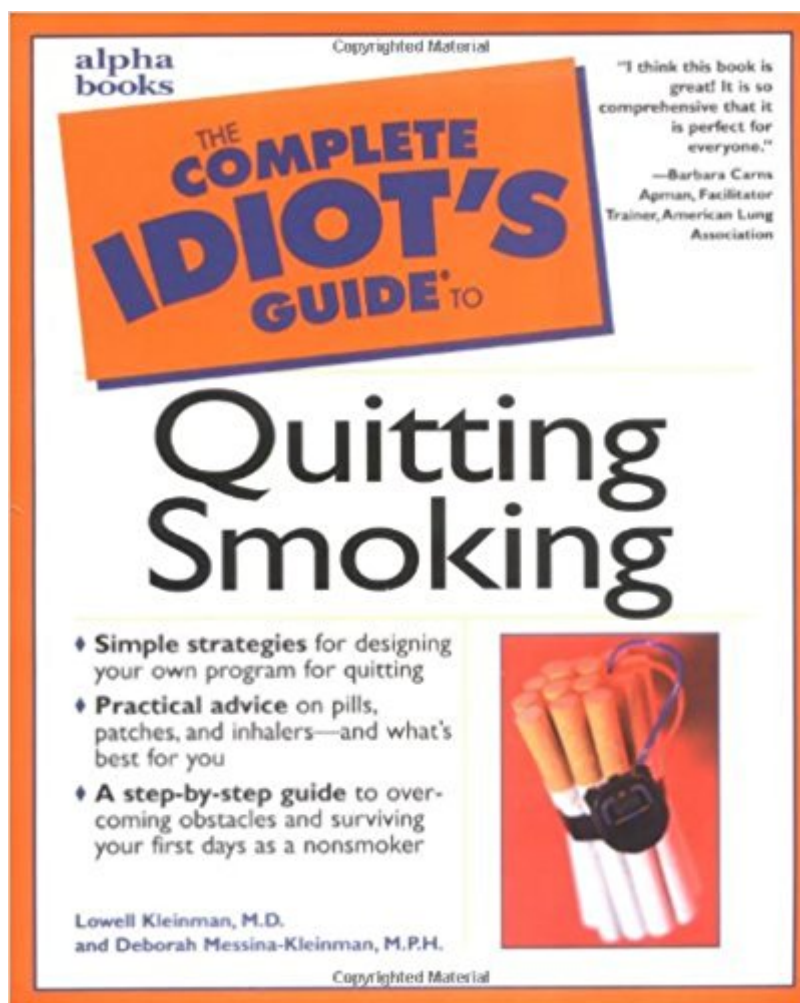




The book was found

Complete Idiot's Guide To Quitting Smoking



Synopsis

You're no idiot, of course. You know smoking is bad news-no ifs, ands, or "butts" about it. It can cause lung cancer, heart problems, respiratory ailments-not to mention what it does to your teeth. Help is just a breath away! The Complete Idiot's Guide[®] to Quitting Smoking has the tips, strategies, and advice you need to give up cigarettes-for good. In this Complete Idiot's Guide[®], you get: --Idiot-proof advice on where to find support when you're trying to quit. --Encouraging stop-smoking strategies designed to help you quit. --Heartening facts about how smoking-or not smoking-affects your weight.

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Customer Reviews

For those who feel idiotic for developing a smoking habit in the first place, the thought of quitting may seem even harder to fathom. But take heart: Lowell Kleinman, M.D., a family physician and smoking-cessation specialist (alias "Dr. Quit") teams with Deborah Messina-Kleinman, M.P.H. (who sports an equally impressive smoking-cessation résumé) to hoist smokers up and over the many habit-breaking hurdles ahead. The Complete Idiot's Guide to Quitting Smoking begins with a close look at the smoker's world: how the habit begins, the physical and psychological pros and cons of nicotine, and why quitting hurts. The next section provides excellent information on cessation tools (nicotine patches, medications, support groups, acupuncture, hypnosis), the frightening anatomy of a cigarette, and work pages to help you customize a quitting strategy. Then it's time to quit. A seven-day countdown to Quit Day helps smokers develop an accountability network, focus on their goal, even to make plans for all the money they'll save. Special attention to

the first 24 smoke-free hours addresses cravings and how to beat them; the 48-hour check-in delves into withdrawal, focuses on the physical benefits already taking place, and encourages healthy rewards. Throughout the book, the authors provide "smoke signals" (quick definitions of terms related to smoking), often surprising nutshell statistics called "pack facts," and excellent written exercises charmingly titled "buttkickers." But perhaps most helpful are the Kleinmans' true understanding and advice regarding the dark side of quitting: depression, anxiety, and weight gain. Pages of warm encouragement are accompanied by multiple proven techniques to conquer these and other quitters' enemies. The Complete Idiot's Guide to Quitting Smoking can be applauded for its somewhat humorous yet quite intelligent approach to a dead-serious topic. --Liane Thomas

You're no idiot, of course. You know smoking is bad news. It can cause lung cancer, heart problems, respiratory ailments-- not to mention what it does to your teeth. The Complete Idiot's Guide to Quitting Smoking has the tips, strategies and advice you need to give up cigarettes for good. Learn how to set goals, identify and break smoking habits, choose nicotine patches and medications, design a long-term health plan, find support networks and deal with stress and depression-- without lighting up.

I have been a 1 pack-a-day-smoker for about 25 years and even though the physical need and mental desire to quit became stronger every year, I just couldn't do it or 'stay quit'. Tried about 4 times with success-rates averaging from a few weeks to a few (3) months ... But at some point, I picked up that cigarette again. And usually I didn't even have a good reason. So basically I wanted desperately to be motivated enough to quit for good now. This book provided me literally with e v e r y t h i n g I always wanted (and needed) to know about smoking & quitting. An informed person, I was then gently taken by the hand and even more gently guided to never-smoke-again-land. Who would ever have imagined that I would be eagerly & impatiently waiting for the day I would (finally!) be a l l o w e d to quit !... This book got me to that point. And beyond smoking... And now, over 1 smoke-free year later, I'm still enjoying my new life. Without having killed my friends/family/colleagues/myself in the process... So I would like to extend my infinite thanks to Dr. and Mrs. Quit for the precious information and extremely motivating guidance they provide in this quit-smoking bible... A definite recommendation : reads like a good novel, puts quite a few smiles on your face and last but not least...(don't say I didn't warn you !) there's a 95 percent chance that you won't make it to the end of this book smoking ! Wanna bet ?

This book is interesting, and I bought it while trying desperately to quit while I was pregnant. It focuses way too much on available treatment methods (the patch, drugs, etc.) and not enough on practical gradual cessation. I wanted to know exactly what benefits my body was getting for being smoke-free for an hour, a day, a month, etc., because anyone who's quit knows how unbelievably horrible you feel, especially the first week, and what prevented my quitting in the past was not seeing some immediate benefits such as greater oxygen or at least better endurance during exercise. I haven't smoked in 5 years, and I'm glad I quit, but I'm still not understanding how it benefitted me beyond the typical exaggerated and questionable research into the likelihood of obtaining certain diseases. A better book is the no nag guide.

I've tried everything to quit smoking, hypnosis, patches, acupuncture, cold turkey (at least 100 times), and nothing has worked for more than 3 months. I went to the library one day, and this book caught my eye, thank goodness. It is a wealth of information for a smoker wanting desperately to quit. From this book, I have developed my "3 W" plan (Water, Walk, and Web). And for me, it's working. Question: When is the website going to be ready? (drandmrsquit.com)

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