

Help!

I WANT TO GIVE UP SMOKING

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SUMMERSDALE

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Introduction



The aim of this book is not to shock you with statistics about how bad smoking is for your health. Everyone has their own set of reasons why they started smoking and similarly everybody has a unique collection of reasons to prompt them to think about giving up.

I assume that you have picked up this book because you want to give up. Well, unless you have been living in an isolation tank for the past few decades you cannot help but be aware of the dangers inherent in the common cigarette. Smokers are bombarded by the media, the government, by public opinion day in, day out and their numbers are rapidly decreasing. Smokers are an obstinate and dying breed – literally. But this does not seem to make any difference to those determined to ignore the warnings. ‘If three in every ten smokers die of lung cancer, I will definitely be one of the seven who doesn’t’, you think to yourself, and ‘look at Granny, she’s smoked for fifty years and she’s fit as a fiddle’ (sounds familiar?). But you can’t bury your head in a cloud of smoke forever.

Hopefully you are reading this book because the niggling feeling that you ought to quit now has got the better of the little devil who says that you can give up any time, and now isn’t a good time anyway. Alternatively, perhaps someone who cares about you

(or equally detests your habit) is attempting to give you a little nudge in the right direction. But, how often have you been warned that you can only hope to succeed in the battle against the combination of your nicotine addiction and your habit if you are 101% sure that you want to give up?

Unfortunately this is where the 'Catch 22' situation arises. Nobody is ever *certain* that they want to give up smoking. Each person thinking about quitting starts by worrying that they might fail, however this feeling is soon replaced by the all-consuming panic that you might actually SUCCEED. Success at giving up smoking for the smoker is terrifying. You might never smoke another cigarette. Yet you want to quit. This is why giving up smoking can be such a tricky business, if you don't prepare yourself properly.

What this book aims to do is twofold. Firstly, it aims to help you explore the reasons why you smoke, because you are much more likely to be able to give up when you know exactly what it is you are leaving behind when you move into the ranks of the non-smokers. Secondly, it offers practical advice to help you along the path. Yes, it can be done. If you are determined enough you too will soon be entering the ranks of those who say, 'No thanks, I don't smoke.'

I

Why Do You Want To Give Up?



There are a number of reasons why people suddenly decide to give up smoking. The major and most obvious reasons are listed below. As you can see at a glance, the section on health is the shortest, this is by no means because it is the least important, if cigarettes weren't ruining our health we probably wouldn't think twice about giving up. I could devote pages and pages to the numerous smoking-related diseases and the effects that they have on smokers. I could even show you glossy photographs of the inside of smoker's lungs – something to put you off your dinner but probably not your after-dinner cigarette. But, as we know, shock tactics do not work. People who have had limbs amputated through smoking continue to smoke. People who have lost someone close to them from a smoking-related illness continue to smoke. None of these people can possibly ignore the evidence. You can't afford to either.

Reasons why people consider giving up smoking:

Health

Fears for our own health or for those around us, for example children or an asthma-suffering partner. Unborn babies are particularly susceptible because any nicotine absorbed into the mother's bloodstream enters the baby's blood and can cause numerous complications both during and after the birth for both the mother and the baby.

Cost

The rising cost of cigarettes is, bizarrely enough, not usually sufficient a trigger to prompt people into giving up smoking, no matter how dire their financial situation. Smokers have an extraordinary way of justifying their dependence by labelling cigarettes as a 'necessity item' in their minds. Therefore cigarettes are ranked with food, clothes, petrol etc., as a necessity; something that you can't possibly survive without.

The majority of smokers refuse to register that they would be hundreds, possibly even thousands of pounds better off at the end of the year if they did not smoke (imagine what that totals over a fifty year