

# 5 Tips to Help You Quit Smoking



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Life Change Hypnosis Clinic

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Quitting smoking is not easy. If you're like most smokers you have tried to quit several times before without success. The tobacco companies have invested a lot of time and money in finding the best ways to make smoking seem like a good idea. In fact, they've even scientifically designed cigarettes to make it pleasurable to inhale the deadly mix of more than 7,000 chemicals contained in cigarette smoke. Hundreds of those chemicals are toxic. About 70 of those chemicals can cause cancer.

Smoking is a deadly trap and you're wise for wanting to kick the habit and quit smoking. The following tips will help you on your journey to become a healthy, happy non-smoker.

### **Tip #1: You Must Have a Good Reason for Quitting**

Your reason for quitting must be YOUR REASON. By that I mean you must want to quit. If a person tries to quit smoking because someone else tells them they need to quit it most likely isn't going to happen or at best, it will be a short term success. It doesn't matter whether it's the doctor, a spouse, family member or friend that tells you to quit, until YOU decide you're going to quit and YOU choose a strong reason as to why YOU are going to quit your odds at succeeding are slim.

Finding YOUR reason for quitting can be a challenge because you may or may not know why you really smoke. What triggers you to light up? What disgusts you about smoking? You may not even be addicted to the nicotine, you may have a strong emotional connection to the habit of smoking that keeps you chained to that pack of cigarettes.

Until you figure that out, success may be a long way off. Give it some serious thought so you can find YOUR reason or reasons to quit.

### **Tip #2: Set a Date**

You probably didn't plan on becoming a smoker. You didn't choose a date or age that you would start smoking, it happens. You decided, for whatever reason, to try smoking at some point in your life. And like many of the things we do, you had to learn to enjoy inhaling the smoke. It wasn't pleasant at first but you managed to overcome the dizziness, bad taste and maybe even a little nausea to become successful at smoking. People start smoking without much planning however, it takes planning to quit.

Setting a date is important because it marks a time, chosen by you, to make a positive change in your life. Our brains like goals and deadlines so setting a date to quit helps improve your odds at success.

You can set the date a few days from now, next week or next month. The choice is yours but it needs to be within reason. Saying you'll quit 12 months from now is as helpful as saying you'll start exercising or eating healthy 12 months from now. A lot will happen between now and then which will keep that goal from ever being reached. Choose a date no later than 30 days away and write it on your calendar, put it in your phone or date book and remind yourself regularly that you will quit on that date.

With the date set you can either plan to quit cold-turkey on that day or begin to cut back on your smoking each week so on your quit date you will have smoked your last cigarette.

### **Tip #3: Use these Tools to Help with Cravings**

It is a fact that you will have cravings from time to time once you stop smoking. It's natural and normal and you can get past them with a little preparation.

Cravings generally only last 3 – 5 minutes so you need to have some tools to help you get through those few minutes and move on to being a healthy, happy non-smoker.

One thing you can do is take some slow, deep breaths to calm yourself. Breathing in deep through the nose and exhaling slowly out the mouth can be very helpful in getting through a craving.

Another tool is to have something to do with your hands during a craving. Maybe learn to fold a dollar bill into an animal or squeeze a stress ball. A fidget spinner may be handy for have around or some other quiet thing you can use at work or around other people.

Some people find it helpful to keep lemon drops or other sour, sugar-free candy with them so they can occupy themselves for a few minutes enjoying the taste and other sensations of having a piece of candy in the mouth.

Take some time and think of a few things you can do when a craving arises. They only last a few minutes and they will subside over time.

### **Tip #4: Be Accountable**

Tell people who will be supportive of you that you have chosen to quit smoking. Ask for their help in keeping you accountable. They don't need to be a nag or a jerk about it, you want them to encourage you along the way to becoming a non-smoker.

Choose wisely because you don't need a person to create stress about it, you need support. People who will lovingly be there for you in your journey.

### **Tip #5: Get Professional Help**

About 70% of smokers want to quit smoking. Less than 7% of those who try to quit on their own are smoke-free one year later. You can quit on your own but the odds at being successful for life are very slim. That's why there are programs available to help you stop smoking.

The greatest success comes from personal, professional help such as working with a skilled and knowledgeable hypnotist. In fact, medical studies show that...

***81% Quit smoking with hypnosis, and the majority of those who quit remained smoke-free a year later.***

*Elkins, G. R., & Rajab, M. H. (2004). Clinical Hypnosis For Smoking Cessation: Preliminary Results of a Three-Session intervention International Journal of Clinical and Experimental Hypnosis, 52(1), 73-81. doi:10.1076/iceh.52.1.73.23921*

At Life Change Hypnosis Clinic you can become a non-smoker using the Quit Success Program™ which is tailored for your particular needs.

Participants benefit from getting help to resolve underlying depression, confusion and guilt surrounding tobacco use. You will discover methods to quit, avoid relapse, replace old behaviors and change patterns of thinking related to smoking and smokeless tobacco use. And the program addresses relapse prevention by treating the whole person, including emotional triggers, physical fitness and nutritional changes, and strengthening spiritual and psychological well-being.

If you are ready to become a healthy, happy non-smoker call 618-589-4848 today or to learn more about the Quit Success Program™ and how it can help you achieve freedom from tobacco click this link to read more at [Life Change Hypnosis Clinic.com](http://LifeChangeHypnosisClinic.com)

To Your Success,

*Mark Howell*

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