

**QUIT**  
**FOR GOOD**



**QUIT**  
**FOR LIFE**

No one knows better than you that to quit smoking is not easy and not fun. On the other hand, all of the scientific reports now indicate that cigarette-smoking is costly in many ways.



Cigarettes damage your health, causing tiredness, cough, breathlessness, and frequent colds, not to mention the more serious illnesses. What's more, cigarettes literally can cost you a lot of money.



As someone who is interested in helping you to achieve optimal health, I want to assist you in making the end of your smoking habit a top priority. This program and a set of materials have been designed to help you...

## **QUIT FOR GOOD & QUIT FOR LIFE**



Giving up cigarettes may not be easy, but it can be done. Many people fail because they do not have a systematic approach to overcome the obstacles blocking success.



You may not know how to deal with the triggers which increase the urge to smoke—social pressure, for example. Or you may worry about stress or weight gain, or just not know what to expect. It is possible to succeed, however, and this program will tell you how to do this.



No program, including this one, can substitute for your own motivation to quit. Quitting requires your choice and commitment, but it will benefit your health and well being. If you are willing, this program can assist you by teaching you a number of quit smoking strategies.\*

\*Text taken from National Cancer Institute Quit for Life Manual written by A. Martin M.D., S. Wilentz D.Sc., M.P.H., B. Hansen Ph.D., K. McHenry M.S., M.P.H., University of California, San Francisco School of Medicine

## STRATEGIES THAT WORK...



Before you can begin on any journey you must have the right plan of action to get you where you are going. The first step can set the tone for how well the rest of your adventure will be.

**DESIRE** is more than a wish, more than a want, more than a longing. Desire is a craving, a yearning, or a need. Desire is a hunger or thirst. On some levels desire is an ache or a pain you are willing to endure to the fullest because of the reward.



*Desire* is the first necessary emotion to motivate you to quit tobacco. Without the desire to quit there can be no success, no reward, and no freedom from tobacco.

## ONE STEP LEADS TO ANOTHER...

Having desire alone is not enough. To achieve freedom from tobacco addiction you must have the *belief* that you can quit tobacco. You must do what is necessary to succeed in quitting because you truly believe you can. It is this belief that will help you when you struggle and help you when you need to overcome any obstacle.



The third necessary step to freedom from tobacco is *integrity*. If you truly desire and believe you can quit your tobacco addiction you must hold yourself accountable.

- You must use the tools you've been given.
- You must put into action the steps you've been shown.
- You must be willing to be committed.
- No more excuses, no more delays.
- You must be willing to do the right thing when no one is looking.
- You must be in control of saving your life.



Gaining control over your tobacco addiction will give you something to celebrate...**your good health!**



Desire, Belief and Integrity are the basis for a successful strategy in quitting tobacco. It won't be easy, it may even get harder before it gets easier.

Here's what you'll learn...

## **BASIC TOBACCO FACTS**

Do you really know what's in that cigar, cigarette or chew?  
Do you know all the negative effects of tobacco?

## **UNDERSTANDING WHY INDIVIDUALS SMOKE**

What is the psychological addiction?  
What is the biological addiction?  
What is the behavioral addiction?  
What will you do without tobacco?  
What do you do before you quit?

## **NICOTINE REPLACEMENT THERAPY**

What are your choices?  
What is a non-nicotine prescription drug?  
What are the benefits?  
What are the side effects?  
What is best for you?

## **QUIT SMOKING PLAN**

Do you know how to choose a quit day?  
How do you develop a plan?  
What makes a plan successful?  
What do you do if your plan isn't working?  
Do you know how to handle stress?  
How do you keep from gaining weight?

## **MASTERING THE FIRST FEW DAYS SMOKE FREE**

Are you ready to quit?  
Are you prepared to quit?  
How do you deal with triggers?  
How do you handle withdrawal symptoms?

## **CONQUERING CHALLENGES**

What three things do you need to watch for?  
What is relapse?  
What is sabotage?  
What is trading addictions?  
What kind of support do you need?  
How do you stay motivated?

## **EFFECTIVE COMMUNICATION**

How will you resolve conflict without using tobacco?  
Are you an effective communicator?  
What is poor communication?  
What is good communication?  
Do you know how to be assertive?

## **BENEFITS OF QUITTING TOBACCO**

What kind of social and family life will you have?  
What will it feel like to be tobacco free?  
How much money will you save?  
What happens 20 minutes after the last cigarette?  
What happens 8 hours after the last cigarette?  
What happens after 5-15 years smoke free?  
What happens after 10 years smoke free?

## **EFFECTS OF SECOND HAND SMOKE**

What kind of example are you setting?  
How does second hand smoke affect you those around you?  
What is the law regarding second hand smoke?  
What is third hand smoke?  
How clean is the air you breathe?  
Whose life are you saving now?

With help and support from a trained tobacco cessation facilitator you can be successful. With help you can quit the addiction that controls your life. Take control now and call for more information. Let me help you...

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