

The Last Coffin Nail In Your Coffin

Finally, your going to try and quit smoking. It may not be the first time either, it's not an easy thing to do after all. This time you are really determined, you are going to quit smoking. Everyone will have their own reasons to quit, each as unique as they are. What ever the reason the important part is that you are quitting. There are many resources that can help you quit. Everything from the personal support of friends and family, to programs provided by local health officials and all levels of government. There are also products to help you quit by managing your nicotine withdrawal.

If you have tried to quit smoking unsuccessfully before, it was probably the cravings that brought you back. These are a pain in the side of every former smoker, and perhaps the biggest roadblock on the road to healthier smoke free living. When a craving hits you, you are going to need all the will power you can muster. Also some people find having a replacement activity very helpful. Instead of having a cigarette, chew some gum or have a hard candy. These occupy your mouth while you are getting over the craving.

It is also possible to get help quitting from the local pharmacy. Thanks to modern technology a person trying to quit smoking can choose from an array of patches and gums to help. These products help get past the cravings a quitter suffers. The products release a small amount of nicotine to help sooth and manage the cravings. The various products are available at different levels and over different durations. Which one you choose will be determined by how you best deal with the withdrawal and how long it has been since you quit. Patches and gums can make going through the inevitable width drawl from cigarettes a lot easier. You must remember that it is important to follow the instructions for the one you choose no matter how bad your cravings may be. If you abuse these products it is possible to harm yourself.

As important as what you do is, it's also important who you're hanging around as you try and quit smoking. You really make it much harder on yourself if you go out to socialize with smokers at times they will be smoking. Try to avoid going out with the crowd when you have a break at work. There are guaranteed to be non-smokers that you can talk with while you have a coffee. Don't subject yourself to the temptation of being around the smell and taste of second-hand smoke. When you quit smoking this is one aspect that can really make it harder then it needs to be.

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